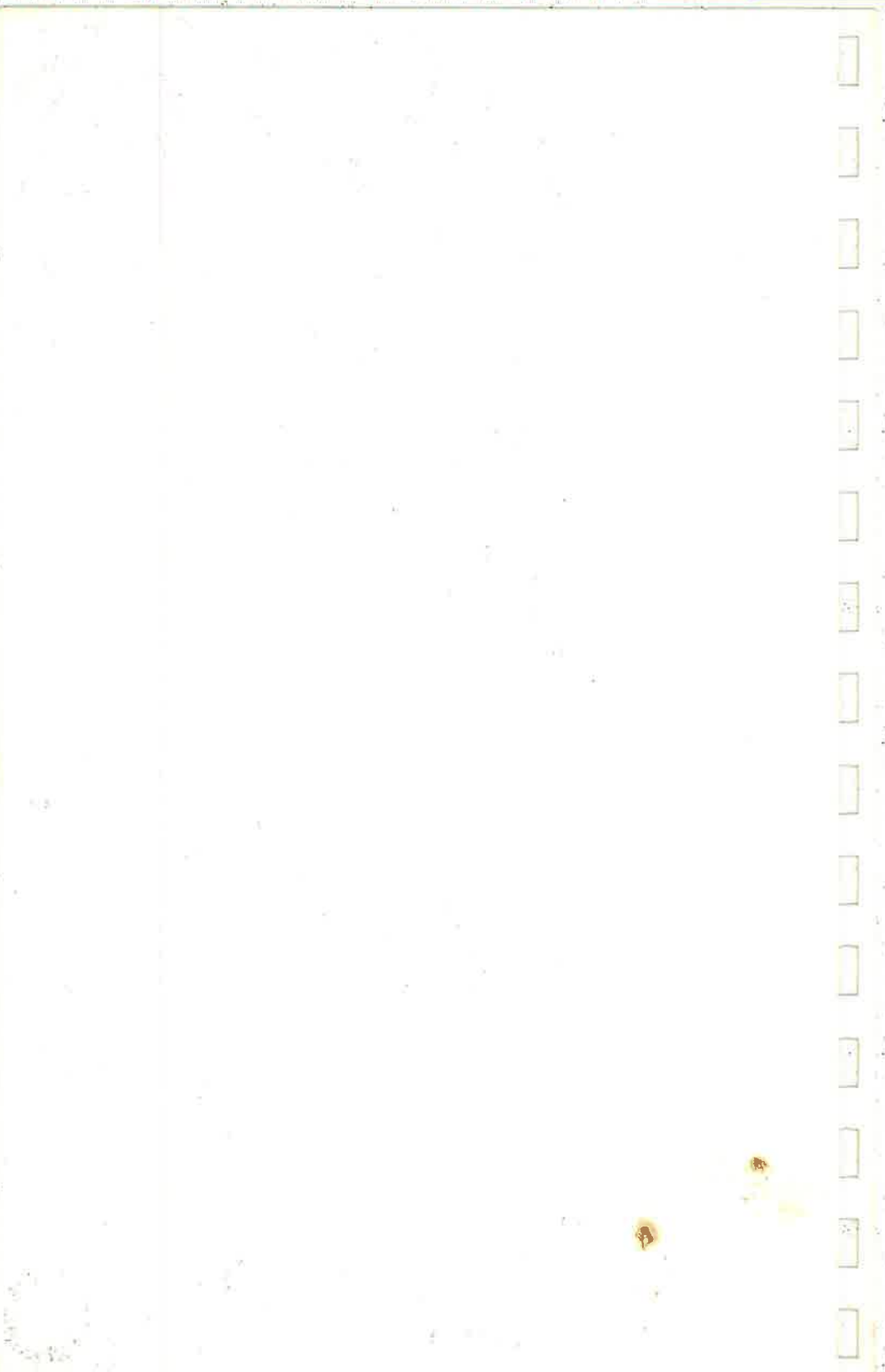


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Our book is dedicated to the memory of Dr. Charles LeRoy Lowman. His vision in founding Orthopaedic Hospital and his talent in guiding it to greatness would put us in awe of him, were it not for his qualities of love and gentleness. We are proud to have been his friends. He liked our chicken soup....

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Orthopaedic Hospital began in 1911 as the vision of a young orthopaedic surgeon, Dr. Charles LeRoy Lowman when he opened a small clinic in a house on Figueroa Street. In 1920 Mr. John Brockman donated the old stable from the Singleton estate to be used as a clinic. Stalls became treatment rooms, the carriage room a corrective gymnasium, the harness room a dental clinic, the lily pond the first therapeutic pool.

Today's 120 bed hospital, Rehabilitation Building and Diagnostic and Treatment Center are the result of the efforts and love of countless people who helped Dr. Lowman realize his dream.

The hospital is a non-profit function to care for all children, regardless of race, creed, national origin, or ability to pay. The only requirement for acceptance is that the child have a bone, muscle, joint or nerve injury or congenital abnormality. The hospital staff is dedicated to the improvement of each child's particular problem, his general health and his hope for an unlimited future.

Las Damas de los Verdugos was begun in 1963 as an auxiliary to the Crippled Children's Guild of Orthopaedic Hospital. They have volunteered their time to the hospital and raised funds to help continue the fine work accomplished thus far.

All proceeds from this book will be donated to the hospital for the benefit of the children who depend on their help.

The women of Las Damas de los Verdugos who shared their recipes and ideas to present this book are:

Mrs. Bernard Anawalt, Jr.
Mrs. Lyston Jaco
Mrs. Thomas Badger
Mrs. Herbert Dover
Mrs. Sally Hicks
Mrs. James Miles
Mrs. Robert Morgan
Mrs. Frederic Roecker
Mrs. Joseph Scatchard
Mrs. Jay Schmuecker
Mrs. Arthur Schmutz
Mrs. Dwight Stevens
Mrs. Peter Telegin
Mrs. Henry Thomas
Mrs. Edwin Tracy
Mrs. Waldemar Renman
Mrs. Richard Searle
Mrs. John A. Waltman

THINGS TO COOK YESTERDAY (Make ahead recipes)

Although many of our recipes can be prepared somewhat in advance of serving, all of the recipes listed in the index starting on this page can be prepared at least 24 hours in advance. We have included only those that require no work at all at serving time. No cakes or cookies are listed as almost all of them qualify and space is valuable.

We think you will enjoy this index when planning a party or anticipating a busy day.

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QUANTITY COOKING

This portion of our index will direct you to recipes throughout the book that are designed for large quantities. All of our recipes that are planned for twelve or more portions are included in this listing. Some serve as many as 120. Many of them can be reduced to serve smaller groups. Other recipes in the book can be doubled or tripled. But the ones listed here are ones that we have tested thoroughly in the quantities indicated. They vary from very good to absolutely spectacular, and we hope you will enjoy them too.

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MEXICAN MENU FOR 120 GUESTS

We would like to call your attention to recipes in this book that can be combined into an excellent luncheon or supper. We have served this and can vouch for it. Many tips for storing and preparing the foods are included in the recipes, for these quantities are outside the everyday experience of most of us (Thank Heaven!).

We served the luncheon to 120 people and another 100 people chose to have a mini-lunch of Tamalitos, Ensalada, Empanaditas and Sangria.

You will probably want to try the entree before serving it to so many people, so we have included a (thoroughly tested) recipe for it that serves 7.

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We did this in a kitchen with four burners and one oven! The tamalitos were steamed in electric roasters.

ANCHOVY - SALMON CANAPESHORS D'OEUVREA Super Flavor Blend

8 oz	cream cheese
½ lb	softened butter
1 tsp	anchovy paste
1 Tbsp	lemon juice
1 tsp	dill weed
1	loaf bread, round
1	8 oz can ripe olives
1	2 oz pkg. smoked salmon

Combine first five ingredients until they are well blended. Slice the round loaf of bread crosswise to make four thin rounds. Remove the crusts. Spread the cheese mixture on the bread. Arrange the smoked salmon on top of the cheese and decorate with sliced ripe olives. (Use a little of the cheese mixture as "glue" to hold the olives in place). Cut into serving portions with a pizza cutter. Refrigerate covered until party time. Makes four 8" rounds, about 64 portions.

ANTIPASTO

24 oz	jar mixed pickles & cauliflower
4 oz	jar pimientos, chopped
5 oz	jar stuffed olives
2	6 oz jars tuna chunks
6 oz	jar marinated artichoke hearts
4 oz	can button mushrooms
6 oz	can pitted ripe olives
8 oz	jar cocktail onions
¼ c	olive oil
16 oz	tomato sauce

Pour off all liquids, except the oil from the artichokes. Combine all the ingredients and add the olive oil and tomato sauce. Store in refrigerator. This can be served cold, but is excellent at room temperature. It can be made a couple days in advance of a party. Makes about 2 quarts.

ARMENIAN CRACKER BREAD HORS D'OEUVREHORS D'OEUVRE

¼ lb	butter
1	clove garlic
1 Tbsp	B-V (Wilson's Certified Beef Flavor)
3	Armenian cracker bread rounds
	poppy seeds or sesame seeds

Melt butter. Put the garlic through a press or mash it to a pulp. Add it to the butter with the B-V until blended. Use a pastry brush to apply the mixture to the tops of the cracker bread. Sprinkle with seeds. Put in a very low oven (150°) for 30 minutes. Keep in air-tight can. May be recrisped in the oven.

BACON DIP

1 c	sour cream
1 tsp	onion powder
¼ tsp	salt
dash	cayenne pepper
1 lb	bacon

Fry the bacon until crisp, crumble it fine. Mix with all other ingredients. Let stand in the refrigerator for at least one hour. Serve with carrot sticks and celery sticks for dippers. The secret that makes this recipe special is to use a LOT of bacon.

BACON ONION SPREAD

½ c	butter
1	onion, minced
4	bacon slices
¼ tsp	Worcestershire
dash	tabasco

Fry bacon until crisp. Discard drippings. Crumble bacon and mix with all other ingredients. Spread on squares of thin pumpernickel or party rye. Makes 30 hors d'oeuvre.

HOT BEAN DIP I

HORS D'OEUVRE

1	1 lb can refried beans
1 c	grated cheddar cheese
1	7 oz. can green chile salsa
1	4 oz. can green chiles, chopped
$\frac{1}{2}$ c	green onions, chopped
$\frac{1}{4}$ tsp	salt
dash	garlic powder

Mix all ingredients, heat on stove, stirring often until it begins to simmer. Serve in chafing dish with Doritos or corn chips. Any that is leftover can be frozen and then heated again for another night.

HOT BEAN DIP II

1	1 lb. 15 oz. can refried beans
8 oz	sour cream
4 oz	cheddar cheese, grated
1 Tbsp	dried onion
3 Tbsp	bottled hot sauce (Pace's Piquante)
$\frac{1}{8}$ tsp	garlic salt

Mix all together. Heat over low fire. Serve hot in chafing dish with corn chips as dippers. Note: Piquante sauce is NOT THE SAME as Tabasco!

CHILE-CHEESE BREAD

1 lb	sharp cheddar, grated
$\frac{3}{4}$ c	mayonnaise
4 oz	chiles, diced
dash	onion salt

Mix all ingredients. Spread on party rye bread, soft pumpernickel or sliced French bread. Bake at 400° for 15 minutes, or broil until hot and bubbly. Makes 50 hors d'oeuvre.

CHEESE BALLS

HORS D'OEUVRE

1 lb	sharp cheddar, grated
8 oz	cream cheese, softened
2 oz	butter, softened
1 Tbsp	onion, minced
1½ Tbsp	Worcestershire sauce
½ tsp	Tabasco sauce
1 Tbsp	Heinz 57 sauce
	paprika or minced parsley

Combine all ingredients well. Form into three balls. Roll in paprika or parsley. Serve with a variety of crackers for spreading. This may be frozen. It will be a little crumbly after it thaws, but if you serve it at room temperature it will be just fine.

CHEESE SQUARES

¼ lb	butter
1 lb	sharp cheese, grated
3 oz	cream cheese
2	egg whites
1	loaf unsliced white bread

Melt the butter in the top of a double boiler. Add the cheeses and stir until melted. Cool. Beat egg whites stiff and fold into cheeses. Cut the crusts off the bread and cut the bread into 36 squares. Frost the top and sides of the squares with the cheese mixture. At this point they may be put on a cookie sheet and frozen then stored in plastic bags until needed. To serve, defrost and bake at 475° for 10 minutes until hot and bubbly.

CHILE RELLENOS APPETIZERS

HORS D'OEUVRE

2	4 oz. cans green chiles
3 c	Jack cheese, shredded
1½ c	sharp cheddar, shredded
2	eggs
2 Tbsp	milk
1 Tbsp	flour

Cut chiles in thin strips. Lightly grease a 9 x 9" pan, make layers of chiles and cheeses, starting and ending with the cheese. Beat eggs with milk and flour. Pour over the cheese. Bake at 375° for one hour, until firm. Cut into small squares and serve warm. Makes 16 squares.

MOILED CRAB SPREAD

8 oz	sour cream
2	green onions, chopped
10 oz	can mushroom soup not diluted
10 oz	crab meat, flaked
1½	envelope plain gelatin
1 c	celery, chopped
1 c	mayonnaise

Dissolve gelatin in ¼ c boiling water. Heat soup and add dissolved gelatin. Cool. Beat all other ingredients into cooled soup. Pour into a mold and refrigerate overnight. Serve with crackers. It is an excellent spread.

CRAB - RIPE OLIVE SPREAD

1	6 oz. can crabmeat, flaked
1	4½ oz. can chopped ripe olives
¼ c	green pepper, chopped
dash	tabasco
	mayonnaise to moisten

Mix all ingredients. Use to fill miniature patty shells or spread on thin pumpernickel. Makes about 2 cups.

1 doz eggs
¼ c onion, chopped
½ c mushrooms, finely minced
3 Tbsp butter
 Salt, pepper to taste
 mayonnaise
2 Tbsp parsley, finely minced

Hard cook the eggs. Halve lengthwise, remove and mash the yolks. Sautée mushrooms in butter. Cool and add to the egg yolks with all the other ingredients and enough mayonnaise to bind the mixture. Pack into egg whites, garnish with parsley, served chilled.

MEATBALLS

This can be prepared up to a month before serving. Bake the meatballs and freeze them on cookie sheets, then store in freezer in plastic bags. When you need them, put them in the chafing dish, either frozen or thawed, cover with freshly made sauce, and heat them for serving.

¾ lb meatloaf mixture from the butcher shop
1 portion Lipton's onion Cup-o-Soup Mix
½ c water
2 Tbsp catsup
1 Tbsp bottled hot sauce (Pico Pica)

Shape meat into bite-sized balls. Place on cookie sheet and bake at 350° for 30 minutes. Put them in casserole just big enough to hold them. Cover with a mixture of the next four ingredients. Cover the casserole and bake at 350° for 30 minutes, until just hot enough that the sauce begins to bubble. Serve them in a chafing dish with toothpicks on the side. For variation, substitute Contadina Sweet and Sour Sauce, or make Lawry's Burgundy Wine Sauce according to package directions. Makes 40 meatballs.

FRITTERS - CHICKEN OR MUSHROOM

HORS D'OEUVRE

Batter: 1 c. flour
pinch salt
1 Tbsp oil
3/4 c. lukewarm water (can use part dry white wine)
1 egg yolk
1 egg white, stiffly beaten

Sift flour into warm bowl with salt. Make a well in the center. Add oil, liquid and egg yolk. Mix very quickly. Add more water if needed (use batter thick for very moist foods, thin for dry things). Cover, set in warm place 3 or 4 hours. When ready to use, fold in stiffly beaten egg white.

Chicken: Bone and skin leftover chicken, cut into bite-size pieces. Marinate 3 to 4 hours in French dressing with added Salt, Pepper, parsley and lime juice. Stir several times while it marinates. You need just enough French dressing to barely cover the pieces of chicken. When ready to serve, drain the marinade from the chicken, put each piece on a skewer, dip into batter, and deep fry at 375° till just brown, about 2 minutes. Serve with small bowls of soy sauce to dip the pieces into.

Mushroom: Add ½ tsp. grated lemon peel to the batter. Put each mushroom on a skewer, dip into batter and fry as for chicken fritters. Serve with lemon wedges.

FRENCH FRIED MUSHROOMS

HORS D'OEUVRE

36	1" mushrooms
2	eggs
$\frac{1}{4}$ tsp	salt
pinch	pepper
$\frac{1}{2}$ c	flour
1 c	cracker crumbs

Put the mushrooms on individual skewers. Beat the eggs with salt and pepper. Dip the mushrooms into flour, then into egg mixture, then into cracker crumbs. Deep fry at 375° 2 minutes until browned. Serve small bowls of soy sauce as a dip.

MUSHRUMAKI (FOR LIVER HATERS)

2 Tbsp	Chinese oyster sauce
4 Tbsp	Chinese soy sauce
$\frac{1}{2}$ tsp	Accent (m.s.g.)
$\frac{1}{4}$ tsp	onion powder
$\frac{1}{4}$ tsp	garlic powder
dash	Tabasco
36	raw mushrooms (small)
8 oz	can water chestnuts
12	green onions
18	slices thin bacon

Cut water chestnuts into 36 pieces, onions in 1" lengths, bacon in halves. Mix first six ingredients. Marinate mushrooms, water chestnuts and onion in this for at least two hours. Skewer one piece of each on toothpicks, wrap with bacon pieces. Broil until bacon is crisp on all sides. Makes 36 hors d'oeuvres.

STUFFED MUSHROOMS

HORS D'OEUVRE

These are nice as hor d'oeuvres served in little paper candy cups. They make a beautiful garnish for steak or roasted poultry. They are a fine way to use up leftover fish, poultry or mushroom stems. They always bring compliments.

Mushroom stems
butter
salt to taste
cayenne pepper to taste
Cooked chicken or fish
Garlic
Parsley
Egg, lightly beaten
Mushroom caps
Soft buttered crumbs

Chop stems very finely and sautee in butter until very soft, about 30 minutes. Add salt and cayenne and mix in finely ground leftover chicken or fish in a quantity equal to the mushroom stems. For each cup of the mixture add one egg. Add garlic and parsley to taste. Put in strainer to remove excess liquid. Heap in mushroom caps. Use a blender to make crumbs of buttered fresh bread. Cover mushrooms generously with crumbs. Put on greased cookie sheet. Bake at 350° for 15 minutes. Serve very hot. These can be prepared the day before and baked at serving time. The sauteed mixture can be prepared up to a month in advance and frozen: thaw, drain excess moisture, and heap in fresh mushroom caps, cover with crumbs and bake.

OYSTER-BEEF APPETIZERS

This goes well with an oriental dinner.

1 lb	sirloin steak
$\frac{1}{2}$ lb	small mushrooms, raw
6 oz	can water chestnuts, sliced
6	green onions, cut in 1" lengths
$\frac{1}{4}$ c	Chinese oyster sauce
2 Tbsp	salad oil
2 Tbsp	soy sauce
1	clove garlic, mashed
2	green onions, sliced
$\frac{1}{4}$ tsp	sugar

Cut steak into strips 1" x 3" x $\frac{1}{4}$ " thick. Marinate the strips in the refrigerator in a mixture of the last six ingredients for at least two hours. Remove from marinade and put on skewers with water chestnut slices and green onion pieces. Broil over charcoal for 3 minutes, baste with marinade, turn and broil other side 2 minutes until beef is medium rare.

SHRIMP BALLS

2 lb	raw shrimp, diced fine
1	slice bacon, diced fine
1	egg, slightly beaten
1 Tbsp	cornstarch
5 oz	can water chestnuts, diced fine
3 Tbsp	green onions, chopped fine
1 tsp	salt
$\frac{1}{4}$ tsp	ground ginger
$\frac{1}{4}$ tsp	pepper
2 Tbsp	flour
	Oil for deep fat frying
$\frac{1}{2}$ c	soy sauce

Mix first nine ingredients together, form in 1" balls, roll in flour, chill. When ready to serve, Deep fry 2 minutes until shrimp is pink, at 375°. Drain on absorbent paper. Serve with small bowls of soy sauce as dip. Serves 10 as hors d'oeuvre.

PICKLED GARDEN RELISH

HORS D'OEUVRE

1	small head cauliflower, cut into florets
2	carrots, cut into julienne strips
1	green pepper, cut into strips
6 oz	green stuffed olives, large ones
6 oz	large pitted ripe olives
14 oz	can artichoke hearts (or cooked frozen artichokes)
3/4 c	wine vinegar
1/2 c	olive oil
1/4 c	water
2 Tbsp	sugar
1 tsp	salt
1/2 tsp	oregano
	freshly ground pepper to taste

Combine all ingredients in pan. Bring quickly to a boil. Cover and simmer three minutes. Do not overcook. They continue to cook in the liquid after you remove them from the stove. Refrigerate at least 24 hours. When ready to serve, drain them thoroughly and serve with cocktail picks. Makes 1½ quarts.

SHRIMP CANAPE SPREAD

5 oz	cooked shrimp, minced fine
2 Tbsp	celery, chopped very fine
1/3 c	mayonnaise
1/8 tsp	pepper
2 Tbsp	parsley, minced fine
1/4 tsp	salt
2 Tbsp	onion, minced very fine

Combine all ingredients, chill. Serve on buttered salted rye bread slices. Makes one cup. This can be made a day in advance.

RUMAKI

HORS D'OEUVRE

When you buy a whole chicken, put the liver in the freezer in a little bag. Accumulate livers until you have enough, thaw, marinate and enjoy. One liver makes six hors d'oeuvre.

6	whole chicken livers
$\frac{1}{4}$ c	Japanese soy sauce
1	clove garlic, mashed
1 Tbsp	fresh ginger, crushed
dash	Tabasco
8 oz	can water chestnuts
18	slices thin bacon

Cut each liver into six pieces. Marinate at least an hour in mixture of the next four ingredients. Skewer on toothpicks with slices of water chestnuts. Wrap in half-slices of bacon. Broil until crisp on all sides. These can be assembled ahead and kept in the refrigerator until ready to cook and serve. Or they can be cooked and re-heated. They can be frozen, either cooked or uncooked, for a week or two. The water chestnuts get mealy during longer storage. Makes 36 appetizers.

STUFFED FRENCH ROLLS

1	large tomato, seeded and chopped very fine
1	large green pepper, chopped fine
$\frac{1}{2}$ tsp	salt
2 tsp	grated onion
2 Tbsp	soft butter
6 oz	soft cream cheese
4	French rolls

Put the tomato in a strainer until it is thoroughly drained. Combine with next five ingredients. Hollow out the French rolls, pack them with the mixture, wrap and chill overnight. Slice thin just before serving.

COCKTAIL SHRIMP

HORS D'OEUVRE

1 lb	raw shrimp (about 40)
1 Tbsp	lemon juice
$\frac{1}{2}$	onion, coarsely chopped
1 tsp	salt
1	bunch parsley
1	lemon, in wedges

Bring two quarts of water to full boil with lemon juice, onion, salt, and add the shrimp. Boil no longer than three minutes. As soon as the shrimp are barely opaque and pink, immediately plunge them into a basin of cold water to stop further cooking. Remove shells, leaving tail section intact. Clean them and remove the black veins. Chill. Make sauce:

$\frac{1}{2}$ c	catsup
2 Tbsp	minced onion
$\frac{1}{2}$ tsp	horseradish
1 tsp	lemon juice
dash	Worcestershire sauce
$\frac{1}{8}$ tsp	garlic powder

Mix sauce ingredients together. Put shrimp on bed of parsley, surround with lemon wedges. Serve the sauce in a bowl in the center of the platter.

TUNA PEANUT DIP

True, this is a funny looking recipe. But it is sensational, with its variation in textures and flavors. If you have any left over, use it for a sandwich the next day.

7 oz	can tuna, drained
$\frac{1}{2}$ c	peanuts, chopped
$\frac{1}{2}$ c	mayonnaise
$\frac{1}{2}$ c	celery, chopped fine
2 Tbsp	pimiento, chopped fine
1 Tbsp	lemon juice

Mix all ingredients together. Serve with corn chips. Makes 2 cups.

These are very popular little hors d'oeuvre. They can also be made large for dinner entrees.

Filling: 1 lb beef, roasted and shredded
1 onion, chopped
 $\frac{1}{2}$ c enchilada sauce
4 Tbsp lard, if meat seems dry
1 green chile, chopped
chili powder, salt and pepper to taste

Cook all of the above in a frying pan until the onion is transparent. It should be fairly highly seasoned. Chill the filling, or freeze for later use.

Masa: 1 $\frac{1}{3}$ c lard
4 c masa harina
2 $\frac{2}{3}$ c beef broth, slightly warm
2 tsp salt
2 tsp chili powder

Beat the lard until fluffy, then add the dry ingredients alternately with the broth, beat until blended. (This mixture can also be frozen if you don't use all of it.)

Corn husks are sold dried in packages in markets that cater to Mexicans. They must be soaked in warm water for an hour or so to become pliable, and must be thoroughly washed.

Dry the corn husk and spread masa about $\frac{1}{8}$ " thick, in a square of about 3". Place 1 Tbsp filling in center of masa, roll to completely enclose masa and filling. Tie each end, and cut off excess husk at ends. Steam on rack over boiling water for 40 minutes. You can serve them immediately, refrigerate and re-steam at serving time, or freeze until needed. They can be steamed either thawed or unthawed. Cut off one end of the husk and pull the tamale through the teeth like an artichoke leaf, extracting the filling and discarding the husk. Makes about 100 tamalitos..

TERIYAKI MARINADE

HORS D'OEUVRE

This is lovely with chicken wing sections or with beef cubes on skewers for an hors d'oeuvre. Can be used just as well with chicken, steak or chops for a dinner entree.

1 c	Japanese soy sauce
2 Tbsp	sugar
2 Tbsp	white vinegar
$\frac{1}{2}$ c	water
4	cloves garlic, crushed
4	dried Oriental mushrooms
2 Tbsp	sake or dry white wine
1	onion, chopped
1 tsp	Accent (m.s.g.)
1 Tbsp	fresh ginger, crushed

Put all ingredients in bowl, let stand 24 hours. Strain. Marinate meat for 30 minutes in the liquid. Barbecue over charcoal. The marinade keeps for several days in the refrigerator but loses flavor if frozen. It makes a nice mini-gift for a neighbor so she could have a barbecue the day after yours.

MELBA TOMATOES

Slice Velveeta cheese in $\frac{1}{3}$ " slices to fit round pieces of Melba Toast. Sprinkle with a tiny bit of minced onion and chives. Put a slice of small cherry tomato on top, sprinkle with pepper. Broil until cheese melts.

BEEF AND BEAN POT SOUP

SOUP

2 lb	pinto beans
1½ lb	ground beef
1	28 oz. can stewed tomatoes
1 c	celery, chopped
1 c	onion, chopped
1	carrot, chopped
3	beef boullion cubes
	salt, pepper to taste

Soak the beans in cold water to cover overnight. Drain them and put them in a large pot with three quarts fresh water. Simmer one hour. Brown the beef, drain excess fat from it, and add it to the beans with all of the other ingredients. Simmer at least two hours, covered. This can also be done in the oven in a turkey roaster pan, at 250°, or in a crock pot. Leftover soup can be frozen in portion-sized containers. Serves 12.

CREAM OF CELERY SOUP

8 c	chicken broth
3 c	celery, chopped
1	onion, chopped
3 Tbsp	flour
3 Tbsp	butter
	salt, pepper to taste
¼ c	heavy cream
½ c	green onions, chopped

Cook celery and onion in 2 cups of the broth until very tender. Put through the blender until it is smooth. Set aside. Melt the butter in a saucepan, add the flour, stirring constantly until it is smooth. Gradually add remaining six cups of broth, stirring constantly, add the blended celery mix. Season as wished with salt and pepper. Soup can be frozen at this point and kept until needed. When ready to serve, heat soup and add the cream. Garnish with chopped green onions. Serves 12.

CHICKEN SOUP

SOUP

4 lb	chicken backs and necks
4 qt	cold water
1	onion, chopped
3	celery stalks, sliced
1	carrot, sliced
6	peppercorns
6	parsley stems (not leaves)
1 tsp	salt

Put the chicken in a pot with the water, bring slowly to a boil and skim until all of the froth is removed. Then all the other ingredients are added (use only parsley stems, the leaves tend to discolor the stock) and the pot should be covered and allowed to simmer for three or four hours. Strain and discard the solids. Refrigerate overnight and then remove the fat which will have solidified on top. This can be reheated and served as is, but it is best to add diced cooked chicken, cooked rice or noodles, cooked carrots or peas, an egg drop or just about any other ingredient that is lurking in the back of the refrigerator. It will yield about 2 quarts of broth, and you can freeze it for several months.

CHILE CON QUESO SOUP

The cheese in this melts just slightly, is delicious.

4 c	beef broth, very hot
4 oz	green chiles, chopped
1 c	jack cheese in 1/3" cubes
4 Tbsp	green onions, chopped fine
1 c	tomato, peeled, seeded, chopped

Serve the broth in very hot bowls. Have all other ingredients at room temperature in separate serving bowls. Each person adds them to the broth as wished. Serves 6.

CREAM OF CORN SOUP WITH CHILES

SOUP

1	small onion, chopped
1 Tbsp	butter
1	large tomato, peeled, seeded and diced
3 Tbsp	chiles (canned) chopped
2 c	cream style corn
2 c	whole kernel corn
2	chicken boullion cubes
2½ c	milk
	salt to taste
½ c	sour cream

Sautee onion in butter until it is wilted. Add the next six ingredients. Bring to a simmer, add salt if needed. A portion of this soup can be whirled in the blender and returned to the pan if you prefer a smoother soup. Serve with a dollop of sour cream on top. Serves 6.

CRAB BISQUE

This makes an easy but elegant Sunday supper.

6 oz	can crab meat (or ½ lb. frozen)
3 Tbsp	sherry
10 oz	can tomato soup
10 oz	can green pea soup
10 oz	milk

Drain crab meat well. Add the sherry and let it marinate at least 15 minutes. Bring the two soups and the milk slowly to a simmer, stirring until it is very smooth. Add the crab and sherry, and as soon as it is hot, serve with oyster crackers. Makes four 8 oz. servings.

GARBANZO SOUP

SOUP

1 lb	dried chick peas (garbanzos)
1 c	onion, sliced
1	garlic clove, minced
$\frac{1}{2}$ lb	ham, cooked, diced
$\frac{1}{2}$ lb	small link sausages
2 Tbsp	oil
2	10 oz. cans chicken broth
1	bay leaf
1 c	carrots, sliced
2	8 oz. cans tomato sauce

Soak peas overnight, covered with water. Rinse with fresh water and drain. In dutch oven, sautee onion, garlic, ham and sausage in oil until onion is tender. Add peas, chicken broth, bay leaf and 4 cups water. Bring to boil. Cover, simmer two hours. Stir in carrots and tomato sauce. Simmer covered two hours longer. Makes twelve 8 oz. servings.

LENTIL SOUP

2 c	lentils
2 qt	cold water
2 tsp	salt
1	onion, sliced
1 lb	smoked sausage, sliced
$\frac{3}{4}$ c	celery, diced
	pepper to taste

Wash and pick over the lentils. Combine all ingredients in large pot. Simmer two hours, stirring occasionally. Serves 8.

MINESTRONE, GENOA STYLE

SOUP

1 qt	water
$\frac{1}{4}$ lb	ham, chopped
$\frac{1}{4}$ lb	bony chicken pieces
1 oz	bacon or prosciutto
$\frac{1}{2}$ c	potato, diced
$\frac{1}{2}$ c	celery, diced
1	small zucchini, sliced
$\frac{1}{2}$ c	leeks, sliced
$\frac{1}{4}$ lb	Italian green beans (frozen)
1 oz	small macaroni
$\frac{1}{4}$ lb	shelled peas
1 c	cabbage, shredded
1 Tbsp	canned pesto sauce (from Italian market)

Put first four ingredients in covered pan, simmer two hours. Strain, discard meat and bones, put the broth in a clean kettle. Bring the broth to a boil, add the potato, cover and simmer five minutes. Add the next five ingredients, cover and simmer five minutes more. Add the peas and cabbage, cover and simmer five minutes. Add salt if needed, and the Pesto sauce if available. The Pesto is a finishing touch that makes a big difference. Leftover soup can be frozen for later use. Serves 8.

FRENCH ONION SOUP

7	onions, thinly sliced
2 Tbsp	oil
1	potato, cubed
3	10 oz. cans consommé
4	10 oz. cans water
2	boullion cubes
	salt, pepper to taste

Lightly brown onions in oil in Dutch oven. Add other ingredients. Cover, simmer one hour. Makes twelve 8 oz. servings.

ANDERSON'S SPLIT PEA SOUP

SOUP

2 c	green split peas
2 qt	water
1	stalk celery, chopped
1	carrot, chopped
1	onion, chopped
$\frac{1}{4}$ tsp	thyme, ground
pinch	cayenne
1	bayleaf
	salt and pepper to taste

Combine all ingredients in pot. Bring to a boil and cover, boil hard for 20 minutes and then slowly until peas are tender. If you prefer a smoother soup you may strain it or whirl it in the blender and then reheat. Makes 8 servings.

SAUSAGE VEGETABLE SOUP

$\frac{1}{4}$ lb	meaty salt pork, diced
3	garlic cloves, minced
$\frac{1}{4}$ c	flour
2	10 $\frac{3}{4}$ oz. cans condensed beef broth
3 c	water
1	14 $\frac{1}{2}$ oz. can tomatoes (undrained)
$\frac{1}{2}$ tsp	salt
$\frac{1}{8}$ tsp	pepper
$\frac{1}{4}$ tsp	Italian seasoning
1 tsp	sugar
1 $\frac{1}{2}$ c	Polish sausage, thinly sliced
1	10 oz. pkg frozen mixed vegetables

Fry the salt pork, stirring, in large soup kettle. Add garlic and brown lightly. Remove pork and garlic and reserve. Stir flour into pork drippings. Slowly stir in broth and water, stirring constantly. Add tomatoes and their juice, salt, pepper, Italian seasoning and sugar and sausage. Cover and bring to a boil. Add mixed vegetables. Cover the soup and simmer gently for 10 to 15 minutes. Return the salt pork and garlic to the soup. Taste and add salt if needed. Makes 9 $\frac{1}{2}$ c. soup.

HEARTY SEAFOOD CHOWDER

SOUP

This is a whole meal entree. Tossed salad and hot bread are all that are needed, with rice on the side optional.

$\frac{1}{2}$ c	onion, minced
$\frac{1}{4}$ c	butter, melted
2 c	chicken broth
1 c	celery sliced very thin
1 c	carrots, sliced very thin
1 tsp	salt
	pepper to taste
$\frac{1}{2}$	bay leaf, crumbled
$\frac{1}{2}$ tsp	thyme
$\frac{3}{4}$ lb	fresh halibut or haddock
$\frac{1}{4}$ c	flour
1 c	milk
$\frac{1}{2}$ c	whipping cream
$3\frac{1}{2}$ c	milk
10 oz	can clams, undrained
$\frac{1}{2}$ lb	crab meat chunks
6 Tbsp	chopped fresh parsley

Sautee onion in butter. Add chicken broth, celery, carrots and all seasonings. Cook until carrots are still rather crisp, about 10 minutes. Add fish. Cook gently, about 5 minutes, until it flakes when prodded with a fork. Make a paste of 1 cup of milk with flour. Add to hot mixture, stirring and cook until thickened. Do not overcook! Add remaining milk and cream, clams and crab. Heat and serve with chopped parsley. Take care that it does not boil or scorch. Serves 6 to 8.

SPINACH - PINE NUT SOUP

SOUP

This is also a good soup with frozen chopped broccoli in place of the spinach.

$\frac{1}{2}$ c	pine nuts
6 Tbsp	butter
1	small onion, chopped
3 Tbsp	flour
$\frac{1}{2}$ tsp	nutmeg
2	10 oz. cans condensed chicken broth
1	10 oz. package frozen chopped spinach, thawed
2 c	milk

Lightly brown pine nuts in 3 Tbsp. butter. Remove them from the pan and chop half of them. Add the remaining 3 Tbsp. butter to pan, sautee the onion till transparent. Add the chopped nuts, flour, nutmeg, stirring constantly. Gradually stir in chicken broth and bring to a boil. Remove from the heat, add the thawed spinach and its liquid, and the milk. Simmer, while stirring, about 5 minutes. Serve hot, garnished with the remaining pine nuts. Serves 6.

TOMATO CLAM BISQUE

2	10 oz. cans condensed tomato soup
1	10 oz. can water
1	8 oz. pkg. cream cheese
dash	garlic salt
dash	pepper
2	6 oz. cans minced clams
3 Tbsp	sherry
1	lemon
2	green onions, chopped

Combine soup, water, cheese, garlic, salt and pepper. Cover and cook slowly until cheese is soft. Beat with rotary beater until cheese is well blended in. Add clams and their juice. Reheat. Pour into serving bowls, float a thin slice of lemon on each and a sprinkling of chopped green onions. Serves 6.

After General Eisenhower and Mamie retired to Gettysburg, one of his pleasures was cooking. This soup was his specialty, and he was right to be proud of it. You will love it too.

- 1 beef soup bone, split and/or 1 knuckle bone,
split
- 2 lb soup meat
- chicken bones, if available
- 2 qt water
- 2 tsp salt
- pepper to taste
- 1 bayleaf
- 3 garlic cloves, crushed

Simmer the above ingredients in a large open pot, all day; Remove bones, save the meat on them but discard the bones. Cut up all the meat. Put the stock through a sieve. Add meat to the strained stock and refrigerate overnight. Next day, skim solidified fat from the stock and discard it. Heat the stock and meat and add the following:

- 1 qt canned tomatoes
- $\frac{1}{2}$ c potatoes, diced
- $\frac{1}{2}$ c fresh green beans, sliced
- $\frac{1}{2}$ c onions, sliced
- $\frac{1}{2}$ c carrots, sliced
- $\frac{1}{2}$ c turnip, chopped
- $\frac{1}{2}$ c cabbage, shredded

In a separate pan, cook $\frac{1}{3}$ cup barley according to package directions. Add it to the soup when the barley is soft. If soup seems too thick, add a can or more of beef boullion. Adjust the seasoning, adding Kitchen bouquet if necessary. About 10 minutes before serving, add $\frac{1}{2}$ cup frozen peas and $\frac{1}{3}$ cup alphabet type macaroni. Simmer and serve as a main course. The General liked to serve it with cooked nasturtium stems on the side, but we'll understand if you omit that. Any leftover soup freezes well. Makes at least four quarts of soup.

FRUIT SALAD DRESSING

SALAD

2	eggs, well beaten
1 Tbsp	flour
$\frac{1}{2}$ c	sugar
1 tsp	salt
$\frac{1}{2}$ c	vinegar
$\frac{2}{3}$ c	water or fruit juice
2 Tbsp	butter
$\frac{1}{2}$ pt	whipping cream
$\frac{1}{2}$ tsp	prepared mustard

Cook first four ingredients until slightly thickened, stirring constantly. Add butter and mustard and mix in well. Chill. Whip the cream and fold into chilled dressing. Serve with fruit salad. Makes $1\frac{1}{2}$ cups dressing.

MERLE'S DRESSING

2 oz	Blue cheese
$\frac{1}{4}$ c	Malt vinegar
2 tsp	salt
1 tsp	pepper
1 tsp	paprika
$\frac{1}{2}$ tsp	sugar
$\frac{1}{2}$ tsp	dry mustard
dash	cayenne
1 c	peanut oil

Mash blue cheese with vinegar. Add all other ingredients except oil and mix very well. Then add oil and shake until combined. Makes 1 pint.

SCANDIA FRENCH DRESSING

SALAD

1 c	oil
$\frac{1}{4}$ c	wine vinegar
2 Tbsp	water
$2\frac{1}{2}$ tsp	sugar
1 tsp	dry mustard
$\frac{1}{2}$ tsp	Accent (M.S.G.)
$\frac{1}{2}$ tsp	ground black pepper
$1\frac{1}{2}$ tsp	salt
$1\frac{1}{4}$ tsp	Worcestershire sauce
$1\frac{1}{4}$ tsp	paprika
1 tsp	finely grated onion

Combine oil, vinegar and water and beat until blended. Add sugar, mustard, MSG, pepper and salt, worcestershire and paprika and beat. Add onion and beat well. Yield: $1\frac{1}{2}$ cups dressing.

CELERY VICTOR

6	hearts of celery
3 c	chicken broth
2 Tbsp	onion, chopped
$\frac{1}{2}$ tsp	salt
$\frac{1}{4}$ tsp	pepper
1 c	oil and vinegar dressing
3 c	shredded lettuce
2 Tbsp	diced red peppers
2 Tbsp	sliced black olives
6	anchovy fillets
2 Tbsp	parsley

Bring the chicken broth to a boil, add the onion, salt and pepper; add the celery hearts and cook covered until barely tender. Drain. Save the broth for another use. Marinate the celery hearts in the oil and vinegar dressing till they are very cold. Drain them and serve on a bed of shredded lettuce, garnished with the red pepper, black olives, anchovies and parsley. Save the oil and vinegar dressing for later use. Serves 6.

CHICKEN CURRY SALAD

SALAD

This is a luncheon entree, a very good one.

2 c	cooked diced chicken
$\frac{1}{2}$ c	celery, diced
3	hard cooked eggs, chopped
$\frac{1}{2}$ c	blanched almonds, sliced
$\frac{1}{2}$ c	seedless Thompson grapes
$\frac{1}{2}$ c	ripe olives, sliced
$\frac{1}{4}$ c	green onions, chopped

Toss all ingredients together and chill thoroughly.

Dressing:

2 c	mayonnaise
$\frac{1}{2}$ c	chili sauce
4 drops	Tabasco
2 tsp	curry powder
4	anchovy fillets, mashed
1 Tbsp	onion, minced
1 Tbsp	capers
1 Tbsp	parsley,minced
1 Tbsp	horseradish
1 tsp	prepared mustard
$\frac{1}{4}$ tsp	Angostura bitters

Blend dressing ingredients well and chill at least three hours. Toss together with the cooked chicken mixture. Serves 4 generously.

ENSALADA DE NOPALITOS (Mexican Salad)SALAD

Nopalitos taste a lot like a mild bell pepper. A nice authentic touch is to garnish each portion with a sprig of cilantro.

1½ gallons	tomatoes, peeled and chopped
1 gallon	nopalitos
2 c	onion, chopped fine
1 bottle	Trader Vic's French dressing
2 tsp	dry mustard
2 Tbsp	salt

Mix the mustard and salt with french dressing. Combine with other ingredients and chill overnight. This recipe makes 10 quarts. We served it in four ounce portions. We actually tripled the recipe, made it in three separate batches (stored it in 10 quart Tupperware cake boxes) and it served 240 persons. The 10 quart batch serves 80.

MACARONI SALAD

1½ c	dry macaroni
1 c	celery, chopped
½ c	sweet pickles, chopped
½ c	onion, chopped
½ c	mayonnaise
2 Tbsp	lemon juice
1 Tbsp	prepared mustard
1 Tbsp	sugar
	salt, pepper to taste
2	hard cooked eggs
1 Tbsp	pimiento strips

Cook macaroni according to package directions and drain thoroughly. While still hot, mix with all other ingredients except eggs and pimientos. Chill well. At serving time, garnish with sliced eggs and pimientos. Serves 8.

FROZEN FRUIT SALAD I

SALAD

1/2 c	maraschino cherries
1/2 c	canned Royal Anne cherries
1 c	canned pineapple, chopped
1 c	orange wedges, peeled
3 oz	cream cheese
2 Tbsp	heavy cream
2 Tbsp	lemon juice
1/3 c	mayonnaise
1/8 tsp	salt
2 Tbsp	sugar
1 c	whipping cream

Dressing:

1 c	mayonnaise
1 Tbsp	lemon juice
1 Tbsp	sugar
2 Tbsp	whipped cream

Drain the juices from the canned fruits. Mix cherries with pineapple and oranges. Blend together softened cream cheese with cream, juice, mayonnaise, salt and sugar and add the mixture to the fruits. Whip the cream until stiff and blend into the fruit mixture. Pour into ice cube tray and freeze at least eight hours. Combine the dressing ingredients just before serving. Serves six.

Note the juices left over from the fruits can be used to make a good sherbet.

FROZEN FRUIT SALAD II

SALAD

8 oz can crushed pineapple
1/3 c maraschino cherries
2 medium bananas
1/2 c walnuts, chopped
8 oz whipping cream
8 oz sour cream
1 Tbsp lemon juice
3/4 c sugar
1/8 tsp salt

Drain the pineapple and chop all the fruits. Whip the cream and blend gently with sour cream, lemon juice, sugar and salt. Fold in the fruits. Line 12 muffin tins with paper liners. Spoon the mixture into the liners and freeze until firm. Store in plastic bags. Remove the paper cups when ready to use. Serve on lettuce cups, or this could be used as a dessert. Serves 12.

MEXICAN SALAD

A luncheon entree.

1 head lettuce, shredded
2 tomatoes, peeled, seeded & chopped
1 lb Cheddar, grated
15 oz can Ranch style beans, chilled
1/2 onion, chopped
1 small bag Fritos, crushed lightly
3/4 bottle Catalina Kraft dressing, chilled

Drain and wash beans. Toss all but Fritos and chill for one hour or more. Just before serving mix in the Fritos. Serves 4.

POTATO SALAD

SALAD

9	Irish potatoes
$\frac{1}{2}$ lb	bacon
$1\frac{1}{2}$	onions, chopped
$1\frac{1}{2}$ c	celery, chopped
$1\frac{1}{2}$	cucumbers, peeled & diced
$\frac{1}{3}$ c	French dressing
$2\frac{1}{2}$ tsp	salt
$\frac{1}{3}$ tsp	paprika
1 c	mayonnaise
5	eggs, hard cooked

Cook the potatoes in their skins, peel and cube them. Yield should be about 6 cups. Fry bacon crisp and crumble it. Set the bacon aside, and reserve the bacon grease. Mix potatoes, onion, celery and cucumber together. Mix french dressing with $\frac{1}{2}$ c. bacon grease, salt and paprika and add the mixture to the potatoes. Allow to marinate in the refrigerator for 4 to 6 hours. Just before serving, add mayonnaise and mix gently. Garnish with crumbled bacon and sliced eggs. Serves 12.

SAUERKRAUT SALAD

$\frac{1}{3}$ c	salad oil
$\frac{1}{4}$ c	vinegar
$\frac{1}{4}$ c	sugar
	salt, pepper
1 lb	can sauerkraut, drained
2 oz	can pimientos, drained
1	small purple onion, chopped
1	green pepper, chopped

Mix first four ingredients thoroughly. Add the vegetables, and leave to marinate overnight, covered, in the refrigerator. Drain thoroughly and serve cold. Serves 4.

SEAFOOD RICE SALADSALAD

This is nice for a luncheon entree or on a buffet.

12 oz	crab or tuna fish
6 oz	shrimp, cooked
$\frac{1}{2}$ c	celery, chopped
$\frac{1}{4}$ c	green or ripe olives
$\frac{1}{2}$ c	mayonnaise
2 Tbsp	lemon juice
1 tsp	curry powder
4	green onions, chopped
2 oz	blanched almonds, slivered
3 c	cold cooked rice
3 Tbsp	French dressing
$\frac{1}{2}$ c	minced fresh parsley
	lettuce leaves
	parsley for garnish

Gently combine first nine ingredients and refrigerate several hours. Gently combine rice with french dressing and minced parsley. Refrigerate. At serving time put lettuce leaves on plate, top with rice, top that with the seafood mixture and garnish with parsley. To serve buffet style, press the rice into a ring mold, then unmold on platter and heap the seafood mixture in the center of the ring. Serves 6 as an entree.

SPINACH-BEAN SPROUT SALADSALAD

3/4 lb	spinach, cut up
7 oz	fresh bean sprouts
7 oz	can water chestnuts, chopped
4	green onions, chopped
8	slices bacon
1/4 c	salad oil
1/4 c	rice wine vinegar
2 Tbsp	catsup
	salt, pepper to taste
2	eggs, hard cooked, sliced

Fry the bacon, break into pieces and add to the spinach, sprouts, onions and water chestnuts. Chill well. Combine all other ingredients except the eggs, shake to combine. At serving time, toss the greens and the dressing, and then garnish with the hard cooked eggs. Serves 8.

TACO SALAD TOSS

SALAD

This is good for a luncheon entree.

2 c	lettuce, shredded
15 oz	can kidney bean
6	cherry tomatoes
1 Tbsp	canned green chiles
½ c	ripe olives, sliced

Drain the kidney beans and rinse them. Quarter the tomatoes and chop the chiles. Combine all ingredients and chill well.

Dressing: Mix all ingredients and chill well.

1	large avocado, mashed
½ c	sour cream
2 Tbsp	Italian salad dressing
2	green onions, chopped
¾ tsp	chili powder
½ tsp	salt
1 c	shredded cheddar
1 pkg	Nacho cheese Doritos

Toss together the chilled salad and the chilled dressing, with a handful of cheese and crushed Doritos. Top each serving with remainder of the cheese and Doritos. Serves 4.

APPLESAUCE JELLO

SALAD

1 c	applesauce
6 oz	pkg. lime Jello
$\frac{1}{2}$ c	orange juice
7 oz	bottle Bubble Up

Heat applesauce and stir in Jello. Add balance of liquids and continue to heat until Jello is dissolved. Pour into six individual molds. For salad, serve with sour cream mixed with mayonnaise. For dessert, garnish with strawberries and whipped cream. Serves 6.

COCONUT ORANGE MOLD

3	3 oz. pkg. orange Jello
3 c	liquid (see note in directions)
1 pt	orange sherbet
$3\frac{1}{2}$ oz	flaked coconut
11 oz	can mandarin oranges, drained

Mix the juice from the oranges with enough water to make 3 cups. Heat and add Jello, stir until dissolved. Let thicken slightly in the refrigerator and then beat with electric mixer. Add the sherbet and continue beating. Add coconut and beat again. Fold in oranges and put into 12 individual molds. Chill. Serves 12.

CRANBERRY WALDORF MOLD

1 qt	cranberries
$4\frac{1}{2}$ c	water
3	3 oz pkg. Raspberry Jello
4	red apples, cored and chopped
1 c	walnuts, chopped
$\frac{1}{2}$ c	celery, chopped

Cook cranberries in the water until they pop. Add the Jello, cool slightly, then add the other ingredients. Put in a large ring mold or 16 individual molds, chill. Serves 16.

CORNED BEEF MOLD

SALAD

This is a nice luncheon entree.

3 oz	pkg. lemon Jello
1½ c	boiling water
1 c	mayonnaise
12 oz	corned beef (best not canned)
1 c	celery, finely chopped
1½ Tbsp	onion, minced
1 Tbsp	green pepper, minced

Mix Jello with boiling water until dissolved. Chill until syrupy. Beat in mayonnaise until smooth. Shred corned beef, removing fat and membranes. Add beef and other ingredients to Jello. Place in 8" square pan. Refrigerate until firm. Unmold on chilled platter, garnish with stuffed green olives. Serves 4 to 6.

CRANBERRY RELISH MOLD

3 oz	pkg. cherry Jello
1 c	hot water
1 c	sugar
¾ c	pineapple juice
1 c	crushed pineapple, drained
1 c	raw cranberries, grated
1 c	celery, chopped fine
1	orange, seeded, put through grinder
½ c	walnuts, chopped

Dissolve Jello in hot water. Add sugar and juice drained from pineapple (add water if need to make ¾ cup). Chill until partially set. Add all other ingredients, and pour into 5 cup ring mold. Chill. Serves 8.

MANDARIN ORANGE MOLD

SALAD

2	3 oz. pkg. lemon Jello
1 c	hot water
1 c	cold water
3 Tbsp	lemon juice
1	12 oz. can frozen orange juice concentrate
2	11 oz. cans Mandarin oranges, drained

Dissolve Jello in hot water. Add cold water, juices and oranges. Put in a 9" x 9" pan and chill until firm. This may be topped with mayonnaise or sour cream. Serves 6.

AUTUMN PEACH SALAD

This salad has a pleasant brownish color and a nice spicy taste to complement fall menus.

3 oz	pkg. Peach Jello
1 c	boiling water
3/4 c	liquid drained from peaches
1/2 tsp	cinnamon
1/4 tsp	cloves
1/4 tsp	nutmeg
1/2 c	sugar
1 Tbsp	vinegar
1 lb	can sliced peaches

Dissolve Jello in boiling water. Add all other ingredients except peaches. Chill until syrupy, add the peaches and chill until firm. Serves 6.

PEAR SEAFOAM SALADSALAD

14 oz can pears, drained and mashed
1 c juice from pears
3 oz pkg. Lime Jello
2 3 oz. pkg. Cream cheese
2 Tbsp light cream

Heat pear juice and pour over Jello. Mix softened cream cheese with cream and add to gelatin mixture. Add mashed pears. Pour into molds and chill. For dressing, mix a little pear juice with mayonnaise and a speck of lemon juice. Serves 8.

PICKLED BEET MOID

3 oz pkg. lemon Jello
1 c boiling water
3/4 c juice from pickled beets
1 c pickled beets (canned, julienne cut)
3/4 c celery, finely chopped
3 Tbsp vinegar
1 Tbsp horseradish
1/2 tsp salt
2 tsp grated onion
 pepper to taste

Dissolve the Jello in boiling water and add the beet juice. When it has cooled, add the other ingredients and pour into a mold. Refrigerate until set. Unmold on a chilled platter and garnish with lettuce leaves and cucumbers.

PINEAPPLE 7UP SALADSALAD

6 oz	pkg. lime Jello
1 c	boiling water
3 c	7-Up
8 oz	can crushed pineapple, drained
2 c	miniature marshmallows
$\frac{1}{2}$ c	sugar
2 Tbsp	cornstarch
1 c	pineapple juice
2 Tbsp	butter
1	egg, slightly beaten
1 c	whipping cream
2 Tbsp	parmesan cheese

Dissolve Jello in boiling water. Add 7-Up and drained pineapple and marshmallows. Put in 8 $\frac{1}{2}$ " x 13" dish and chill. Combine sugar and cornstarch, add the pineapple juice (if there is not enough, add water to make it one cup). Cook until thickened, stirring constantly and add the butter and egg. Cool. Whip the cream and fold it in, then spread the topping mixture over the chilled Jello. Sprinkle with parmesan cheese, refrigerate overnight. Serves 12.

RASPBERRY-CRANBERRY JELLO

SALAD

This is an unusually pretty layered salad, nice at holiday time.

6 oz	pkg. Cherry Jello
1½ c	boiling water
8 oz	can crushed pineapple
16 oz	can whole cranberry sauce
8 oz	sour cream
6 oz	pkg. Raspberry Jello
1½ c	boiling water
2	10 oz. pkg. frozen raspberries, undrained

Dissolve cherry Jello in 1½ c. boiling water. Drain about half of the juice from the crushed pineapple and save it for another use. Put the pineapple and remaining juice and the cranberry sauce in with the dissolved Jello. Pour into 9" x 13" pan and chill. When it is firm, spread the sour cream on top and chill again. Dissolve the raspberry Jello in 1½ c. boiling water, add the raspberries. Chill until slightly thickened before spooning on top of the sour cream. Chill again. Serves 16.

TOMATO-CHEESE SALAD RING

10 oz	can condensed tomato soup
2	3 oz. pkg. cream cheese
1 oz	envelope gelatin
½ c	celery, finely chopped
½	onion, finely chopped
1	green pepper, finely chopped
1 c	mayonnaise

Dissolve gelatin in ¼ c. cold water. Heat soup, add cream cheese and beat with rotary beater until well blended. Add the gelatin, set the mixture aside to cool. Fold in the remaining ingredients and pour into 3 cup ring mold. Chill. Serves 4.

SPANISH MOLDED SALADSALAD

1	7 oz. jar pimientos, drained, chopped
1	cucumber, unpeeled, diced
1	green pepper, slivered
3	firm tomatoes, peeled, seeded and chopped
4	green onions, chopped
1 c	black olives, pitted and sliced
1	small clove garlic, mashed (optional)
2 Tbsp	salad oil
1 Tbsp	wine vinegar
	salt and pepper to taste
1	10 oz. can undiluted consommé
1	3 oz. pkg. apple Jello
1	1 oz. envelope plain gelatin
2 c	boiling water
3	hard cooked eggs

Combine first eleven ingredients, saving a few olives and pimientos for garnish. Let stand one hour at room temperature. Dissolve gelatin and Jello in boiling water. Chill until syrupy. Stir in the vegetable mixture and pour into a 3 qt. oiled mold. Chill until firm. Garnish with quartered eggs, and reserved olives and pimientos. Serves 16.

BRAN BREAD WITH RAISINS AND NUTS

BREADS

1½ c	sifted flour
½ c	granulated sugar or honey
1 tsp	baking powder
1 tsp	baking soda
1 tsp	salt
1½ c	All Bran Cereal or Bran Buds
1½ c	seedless raisins
¼ c	shortening, softened
1½ c	hot water
1	egg (or egg substitute)
1 tsp	vanilla
¾ c	nuts, chopped

Sift together the flour, baking powder, baking soda and salt, and add the sugar. In another bowl combine Bran, raisins, shortening and hot water. Stir until shortening is melted. If substituting honey for sugar, add the honey now. Add eggs and vanilla. Beat well. Then add sifted dry ingredients and stir just until they are moistened. Spread batter in a well-oiled 9" loaf pan. Bake at 350° for about an hour. Cool completely before slicing.

NEVER FAIL POPOVERS

1 c	flour
1 tsp	salt
2	eggs
1 c	milk
1 tsp	melted butter

Sift flour with salt. Beat eggs slightly and stir in milk and butter. Add liquid to flour and stir until well mixed and smooth. Fill cold greased pyrex custard cups a little more than half full of batter. Place cups on cookie sheet in cold oven. Turn on heat at 375° and bake for 1 hour. Can be mixed in afternoon and kept until baking time in refrigerator. Yield: 8 popovers.

BRAN MUFFINS, ALWAYS READY

BREADS

This batter will keep for six weeks in a tightly covered container in the refrigerator. Twenty-five minutes before serving, pre-heat oven to 400° and spoon batter into buttered muffin tins (2/3 full) and bake for 18 minutes.

3 c	All Bran or Bran Buds
1 c	boiling water
$\frac{1}{2}$ c	corn oil margarine
1 c	brown sugar
2	eggs (or egg substitute)
$2\frac{1}{2}$ c	flour (unbleached)
$2\frac{1}{2}$ tsp	baking soda
1 tsp	salt
1 pt	buttermilk
$\frac{1}{2}$ c	raisins (optional)

Combine 1 cup bran with 1 cup boiling water, stir once and steep for several minutes. Cream margarine and sugar in mixing bowl. Beat eggs slightly. Combine flour, soda and salt. Combine steeped bran and the regular unsteeped bran with the eggs, flour mixture and buttermilk with the margarine and sugar and stir until thoroughly mixed. Pour into plastic container. Cover and let stand refrigerated 12 hours before baking.

BREAD RING

BREADS

This is an unusually pretty way to serve bread on a buffet or at a pot-luck dinner. You can make it in advance and heat it for a few seconds in the microwave if that is more convenient.

$\frac{1}{2}$ c	butter
1	clove garlic, minced
2 pkg	refrigerator rolls
1 Tbsp	parsley or chives
2 Tbsp	parmesan cheese

Sautee garlic in butter. Dip refrigerated rolls to coat all sides with garlic butter. Arrange them in a bundt pan or ring mold. Sprinkle with herbs and parmesan, drizzle with remaining butter. Bake at 425° for 15 to 20 minutes, until they have risen well and begun to brown. We have made this with mixed Italian herbs instead of garlic and it was excellent.

CHEESE, ONION BUTTER

$\frac{1}{2}$ lb	butter, softened
4 oz	cheddar cheese, grated
1 Tbsp	onion, dried minced
1 loaf	sour dough bread

Blend the cheese and onion with the softened butter. Slice the bread, and spread with mixture. Reform the loaf and wrap in very heavy foil. This much can be done the day before, and the bread placed in the refrigerator. A half hour before serving, put the bread in a 350° oven. Bake 30 minutes, (less is it has not been in the refrigerator). This is good with barbecues, with roasted meats, or with chile. Serves 10.

CHEESE AND HAM SANDWICHES

SANDWICHES

1 lb	Tillamook cheese, shredded
8	slices boiled ham, cut in thirds
2	bell peppers, chopped
5	green onions, chopped
1	10½ oz. can condensed tomato soup
½ c	salad oil
1	8 oz. bottle green olives, stuffed and sliced
12	plain hamburger buns

Mix together all ingredients but ham and buns. Spread the mixture in the buns, top filling with 2 pieces of ham each, close buns and wrap in foil. Heat at 350° for 25 minutes. Serves 12.

HOT CORNED BEEF SANDWICHES

This is best made with freshly cooked corned beef, ground.

1	12 oz. can corned beef
2	hard cooked eggs, chopped
6	small green onions, sliced
½	green pepper, chopped
½ c	chili sauce
2 Tbsp	mayonnaise
½ lb	sharp cheese, grated

Combine all ingredients, spread on slices of sour dough bread, broil until topping is hot and cheese is melted and brown on top. Makes 6 open face sandwiches.

BAKED CHICKEN ALMOND SANDWICHES

SANDWICHES

1 c	Condensed mushroom soup
$\frac{1}{2}$ c	milk
1 Tbsp	onion, minced
2 Tbsp	pimiento, chopped
10 oz	canned chicken
12	bread slices, without crusts
2	eggs, beaten
3 Tbsp	milk
	crushed potato chips
1 Tbsp	butter
2 oz	blanched almonds, sliced

Mix first five ingredients and cook until thick and smooth. Put six bread slices in bottom of 9" x 12" baking dish. Cover with chicken mix. Top with remaining bread. Cover and let stand 24 hours. Remove from pan and cut each sandwich in half. Dip in beaten eggs mixed with milk. Roll in potato chips. Melt butter in baking sheet, place sandwiches on butter and sprinkle with sliced almonds. Bake at 350° for 30 minutes, until hot and golden. Serves 6.

DEVILED HAM AND EGG SANDWICHES

This spread makes a good hearty sandwich. It is good spread on pretty tea sandwiches or served open face. Thin it with extra mayonnaise to turn it into a very good dip.

4 $\frac{1}{2}$ oz	can deviled ham
3	hard boiled eggs
$\frac{1}{4}$ c	celery
2 Tbsp	Heinz 57 Sauce
2 Tbsp	mayonnaise

Chop the eggs and celery very fine. Combine all ingredients, using just enough mayonnaise to bind the mixture. Makes 6 hearty sandwiches or many, many more tea sandwiches.

CUCUMBER SANDWICHES

SANDWICHES

These are famous in our neighborhood, and always popular. Must be mixed up the day before using.

8 oz	cream cheese
4 oz	sour cream
	garlic salt to taste
2	cucumbers
1 loaf	Orowheat Wheatberry bread

Let cream cheese come to room temperature. Slowly blend in sour cream and garlic salt. Peel the cucumbers, cut in half lengthwise and scoop out the seeds. Grate the cucumbers through a medium size grater. Press the moisture out of the cucumbers with paper towels. Gently stir the cucumber into the cheese mixture and chill overnight. Remove crusts from bread and butter slices. Make sandwiches using a generous amount of filling and cut each sandwich into thirds. Makes 24 tea sandwiches plus a little extra for the sandwich maker.

MONTE CRISTO SANDWICHES

2 eggs	beaten
$\frac{1}{2}$ c	milk
$\frac{1}{2}$ tsp	salt
1 tsp	dry mustard
8 slices	white bread
4 slices	ham
4 slices	turkey
4 slices	cheddar cheese
	butter for frying

Beat the eggs with milk, salt and mustard. Make sandwiches with the other ingredients. Dip sandwiches in egg mixture. Cook on buttered griddle until golden, turn and fry other side. Cheese should be melted and sandwich golden. Makes 4 sandwiches.

SLOPPY JOES

SANDWICHES

10 lb	ground beef
2 qt	chopped celery
2 qt	chopped onions
2	green peppers, chopped
1 c	butter
$\frac{1}{2}$ c	chili powder
$\frac{1}{2}$ c	seasoned salt
$\frac{1}{3}$ c	Accent (m.s.g.)
1 c	prepared mustard
1 qt	water
4 qt	kidney beans
7 c	catsup
150	hamburger buns

Sautee celery, onions and peppers in butter. Add meat and brown. Drain off excess fat. Cook and season to taste with salt and pepper enough kidney beans to yield 4 quarts, or used canned ones. Add them to the meat with all other ingredients and simmer until heated thoroughly. Use a #16 scoop ($\frac{1}{4}$ cup measure) to serve on hamburger buns. Serves 150.

NOODLE PIZZAZZ CASSEROLE

BEEF

1 lb	fine noodles
2	onions, sliced
2 Tbsp	margarine
2	1 lb. 4 oz. cans creamed style corn
2	3 oz. cans chopped olives
1	1 lb. 13 oz. can stewed tomatoes
2	8 oz. can Italian tomato sauce
1	8 oz. can mushrooms
$\frac{1}{2}$ lb	dried beef, finely cut
$\frac{1}{2}$ lb	American cheese, grated

Cook noodles according to package directions. Drain. Sautee onions in margarine until lightly browned. Set aside some of the cheese for the top of the casserole. Mix everything else together in casserole dish. Sprinkle remaining cheese on top. Bake 1 hour at 350°. This may be prepared the day before, and baked at serving time. Serves 20.

SWEET AND SOUR POT ROAST

6 lb	beef pot roast
2	onions, sliced
1	garlic clove, minced
$\frac{3}{4}$ c	water or beef stock
2	bay leaves
2 Tbsp	lemon juice
1 Tbsp	brown sugar
3 Tbsp	ketchup
$\frac{1}{2}$ c	raisins
	salt & pepper to taste

Brown meat in hot fat on all sides in a heavy pot. Add onions and garlic, cook until soft. Add stock or water and bay leaves. Cover and simmer one hour. Add lemon and sugar. Cover and simmer another hour. Add remaining ingredients and cook, covered, until tender. Serves 8.

COUNTRY STYLE SHORT RIBS

BEEF

10	small dried Japanese mushrooms
5 lb	short ribs of beef
1	large onion, sliced
$\frac{1}{2}$ c	catsup
2 Tbsp	vinegar
$1\frac{1}{2}$ tsp	chili powder
1 tsp	salt
$\frac{1}{4}$ tsp	pepper
$\frac{1}{2}$ c	liquid from the mushrooms
2 Tbsp	brown sugar

Cover mushrooms with warm water and let stand 10 minutes. Drain reserving the liquid. Clip off and discard the stems. Arrange short ribs in baking pan or casserole. Cover with onion slices. Combine catsup, brown sugar, vinegar, seasonings and $\frac{1}{2}$ cup reserved mushroom liquid. Pour over meat. Cover and bake at 350° for 2 hours, or until tender. Skim off and discard any fat from pan liquid. Serve sauce over meat, or if desired thicken and use as gravy. Serves approximately 6 persons.

BEEF PIE

This was our traditional Monday luncheon after the Sunday roast in Oxford, England.

1 lb	leftover roast beef, chopped
2 c	leftover gravy
$\frac{1}{2}$	onion, chopped
3 c	mashed potatoes
1 c	leftover vegetables, chopped (optional)

Put beef in casserole. Add onion and gravy and mix well. Mix in leftover vegetables if used (carrots, celery, green beans or corn). Bake at 350° 30 minutes until hot. Spread mashed potatoes over the meat mixture and return to the oven for 15 minutes longer. This can be made with ground beef and canned gravy. Brown the beef and the onions, pour off fat, put beef and onions in casserole and proceed as above. Serves 3.

SHORT RIBS - ITALIAN STYLE

BEEF

8	short ribs of beef
2 Tbsp	olive oil
2	onions, chopped
2	cloves garlic, chopped
2	ribs celery, chopped
3	carrots, chopped
$\frac{1}{2}$ c	dry red wine
1 tsp	oregano
1 tsp	rosemary
1 tsp	salt
1	6 oz. can tomato paste
1 c	converted rice
1 Tbsp	butter or margarine
1	10 oz. can condensed beef bouillon
$\frac{1}{2}$ tsp	salt
$\frac{1}{4}$ c	chopped parsley

In Dutch oven brown short ribs on all sides in hot oil. Add onions, garlic, celery and carrots and cook and stir 5 minutes. Add wine, $\frac{1}{2}$ cup water, oregano, rosemary, salt and tomato paste. Cover and simmer over low heat turning occasionally until done (tender) - about $1\frac{1}{2}$ hours. In saucepan cook rice with butter, bouillon, 1 soup can water and salt until rice is tender and all liquid has been absorbed - about 25 minutes. Add parsley and serve on rice. 4 servings.

BEEF BURGUNDY (ROUND STEAK)

2 lb	top round steak
1	pkg. Onion soup mix
1	3 oz. can mushrooms, undrained
1 c	burgundy wine
1 Tbsp	parsley, chopped
1 c	hot water

Cut meat in pieces and brown in hot fat. Put meat in Dutch oven with all other ingredients. Do not salt. Simmer over low flame for $1\frac{1}{2}$ hours. Serves 6.

BEEF STIR-FRY

BEEF

$\frac{1}{2}$ lb	round steak
2	large tomatoes, peeled, seeded, sliced
$\frac{1}{2}$	green pepper, sliced
1	medium onion, sliced
2 Tbsp	cornstarch
$\frac{1}{2}$ tsp	salt
$\frac{1}{2}$ tsp	ground ginger
1 Tbsp	soy sauce
$\frac{1}{4}$ c	water
3 Tbsp	oil

Cut beef across the grain into thin strips. Prepare and slice all the vegetables and set aside. Combine cornstarch, salt, soy, and water, set aside. Heat oil in skillet. Add beef and brown well, about 3 minutes. Add onions, cook about 2 minutes. Add green pepper and cook another minute. Add cornstarch mixture and ginger. Cook until thickened. Add tomatoes, and cook until just barely heated. Serve immediately over rice or noodles. Serves 2.

COMPLETE HAMBURGER CASSEROLE

1 lb	ground beef, very lean
1 Tbsp	minced onion
$\frac{1}{2}$ tsp	salt
$\frac{1}{4}$ tsp	pepper
1	pkg. frozen mixed vegetables
1	10 oz. can cheddar cheese soup
1	pkg. frozen shoe string potatoes

Mix the beef with onion, salt, and pepper. Crumble it, still raw, into a baking dish. Thaw the vegetables enough to break them up, and spread them over the meat. Spread the soup evenly over the vegetables. Top with the potatoes. Cover the dish, and bake at 375° for 30 minutes. Uncover and bake for 30 minutes longer. Serves 4.

SPICY STEAK

BEEF

This can be prepared in an iron or Corning Ware skillet, saves washing a baking pan.

2 lb	round steak, $\frac{1}{4}$ " thick
$\frac{1}{4}$ c	flour
1 tsp	salt
$\frac{1}{8}$ tsp	pepper
3 Tbsp	shortening
1 c	catsup
$\frac{1}{2}$ c	water
1	onion, thinly sliced
1	lemon, thinly sliced
1	green pepper, thinly sliced
5	whole cloves

Combine flour, salt and pepper and pound into steak. Melt shortening and brown steak well. Place in baking dish. Blend remaining ingredients together and pour around steak. Cover with foil. Bake at 350° for one hour. Serves 6.

CHILIBURGERS

1 lb	ground beef
1	small onion, chopped
$\frac{1}{3}$ c	green pepper, chopped
$\frac{1}{2}$ tsp	chili powder
$\frac{1}{2}$ tsp	salt
$\frac{1}{2}$ tsp	garlic salt
1	16 oz. can tomato sauce
1	16 oz. can kidney beans, drained
1	8 oz. can whole kernel corn, drained
$\frac{1}{4}$ c	green olives, sliced
6	English muffins - split and toasted

Brown the beef in a large skillet. Stir in onion and green pepper. Season with chili powder, salt and garlic salt. Cook several minutes until the vegetables are tender. Stir in tomato sauce, beans, corn and olives. Cook until heated. Spoon over toasted muffins. Serves 6.

BEEF CHINESE CASSEROLE

BEEF

2 lb	ground round
2 c	onion, chopped
2 c	celery, sliced diagonally
4	10 oz. cans cream of mushroom soup
2	16 oz. cans bean sprouts, drained
1	3 oz. can Chinese noodles
2	4 oz. cans mushrooms
1 c	cooked rice
4 Tbsp	soy sauce

Boil onion and celery just until tender crisp. Sautee meat just until the pink is gone, adding butter if the meat does not form enough fat of its own to prevent burning. Add the onion, celery, and all other ingredients except the noodles. Pour into large casserole. Cover, and bake at 350° for 30 minutes. Uncover, put the noodles on the top, and bake uncovered for an additional 30 minutes. Serve this with tomato aspic salad garnished with hard cooked egg, served on romaine leaves. Serves 18 as part of a buffet dinner, or 12 for dinner.

ENCHILADA STACK

1½ lb	ground beef
1	large onion, chopped
½ tsp	salt
1	7 oz. can green chili salsa
1	10 oz. can mushroom soup
¾ lb	cheddar cheese, grated
12	tortillas

Brown the meat and onion in a skillet, lightly. Add the salt, salsa and soup and simmer a few minutes. Layer tortillas, sauce and grated cheese in an oblong casserole, ending with cheese. It is best to make three stacks of tortillas, four high. Bake at 350° 30 minutes, until bubbly and hot. Serves 6.

BEEF AND WILD RICE CASSEROLE

BEEF

2 lb	ground beef
12 Tbsp	onion, chopped
$\frac{1}{2}$ lb	mushrooms, fresh
12 Tbsp	olive oil
2 $\frac{2}{3}$ c	wild rice
2 qt	boiling water
4	10 oz. cans chicken rice soup
4 tsp	salt
$\frac{1}{2}$ tsp	onion salt
$\frac{1}{2}$ tsp	celery salt
$\frac{1}{2}$ tsp	garlic salt
$\frac{1}{2}$ tsp	pepper
$\frac{1}{2}$ tsp	paprika
$\frac{1}{2}$ tsp	curry powder
$\frac{1}{2}$ tsp	salad herbs
2	bay leaves

Sautee meat, mushrooms and onion in oil. Add rice to boiling water, turn off heat and let soak for 15 minutes. Drain rice and add to meat with all other ingredients. Put in a very large casserole. At this point you can refrigerate it for as much as a day. $1\frac{1}{2}$ hours before serving, add $1\frac{1}{2}$ cups water, and put in a 375° oven, covered. Uncover for the last 30 minutes of cooking. Serves 12.

TAMALE PIE

1 lb	lean ground beef
1	onion, diced
2	8 oz. tamales
7 oz	can whole kernel corn, drained
1 lb 13 oz	can tomatoes, drained
8 oz	can pitted ripe olives, drained
8 oz	grated cheddar cheese

Brown meat and onion. Cut up tamales and mix all ingredients together except cheese. Put in a greased 2 quart casserole. Sprinkle cheese on top. Bake uncovered at 350° for 1 hour. Serves 8.

ENCHILADA PIE

BEEF

1	large onion, chopped
1½ lb	ground beef
1	6 oz. can tomato sauce
1 c	water
1	10 oz. can Enchilada Sauce
12	corn tortillas
1 lb	cheddar cheese, grated
1	6 oz. can ripe olives, sliced
1	15 oz. can chili with beans

Brown onion and meat. In another pan combine tomato sauce, water, and enchilada sauce and bring to a boil. Grease two oblong baking dishes. Put a little of the tomato sauce mix in the bottom of each and follow with layers of tortillas, meat mix, cheese, and olives. (Reserve a little of the cheese and olives for the top of the casserole.) When all has been used pour chili over all and top with the reserved cheese and olives. Bake at 325° for one hour. Serves 12.

LASAGNE

1 lb	lean ground beef, crumbled
8 oz	can tomato sauce
1 lb 13 oz	can tomatoes, undrained
1½ tsp	salt
½ tsp	pepper
½ tsp	oregano
2 Tbsp	Italian seasoning
2	garlic cloves, minced
2 Tbsp	olive oil
8 oz	lasagne noodles, cooked
½ lb	Swiss cheese,* grated
¾ lb	Jack cheese, grated

Combine first nine ingredients in a large skillet and heat them for 15 minutes. In a greased 8" x 11" baking pan, make two layers each of noodles, cheese, and sauce. Bake at 350° for 45 minutes. This recipe is very well adapted for doubling. Bake it in an 11" x 16" pan. Drain off part of the liquid from the tomatoes when doubling the recipe. Serves 6 to 8, or up to 16 when doubled.

QUICK LASAGNE

BEEF

1 lb	ground beef
1	large onion, chopped
1	clove garlic, minced
2 tsp	oregano
2	10 oz. cans tomato soup
$\frac{1}{2}$ c	water
2 tsp	vinegar
$\frac{1}{2}$ lb	Lasagne noodles, cooked
16 oz	cottage cheese or ricotta
8 oz	mozzarella cheese, sliced
2 Tbsp	parmesan cheese, grated

Brown meat slowly with onion, garlic and oregano. Add soup, water and vinegar. Simmer covered 30 minutes, stirring occasionally. Arrange alternate layers of noodles, cottage cheese, meat sauce and mozzarella. Sprinkle with Parmesan. Bake 30 minutes at 350°. Let stand 15 minutes before cutting into squares. Serves 6.

PIZZA BEEF CASSEROLE

2 lb	lean ground beef
1	envelope Italian salad dressing mix
1	onion, chopped
$\frac{3}{4}$ c	dry bread crumbs
1	egg
8 oz	tomato sauce
12	slices Mozzarella cheese
$1\frac{1}{2}$ c	sliced canned mushrooms
$\frac{1}{2}$ c	parmesan cheese, grated
	salt and pepper to taste

Mix first five ingredients well and spread the mixture in a 13" x 9" x 2" baking dish. Pour the tomato sauce over the meat, top with the slices of Mozzarella, cover with the mushrooms and sprinkle the parmesan and salt and pepper over the top. Bake at 350° for 50 minutes, until hot and bubbly.

KOTTBULLAR (SWEDISH MEATBALLS)BEEF

These can be made smaller for hors d'oeuvres.

1 lb	round steak, ground four times
½ lb	pork, ground four times
½ c	cracker crumbs
1 tsp	salt
1/8 tsp	pepper
½ tsp	nutmeg, or less
½ c	catsup
2 Tbsp	French dressing
2	eggs, beaten
1	small onion, minced fine
1 c	boiling water
	flour and butter

Combine the meats with the crumbs. Add seasonings, catsup, salad dressing and beaten eggs and minced onion; blend together well. Form into balls the size of golf balls. Roll in flour and fry in butter until brown on all sides. Add boiling water, cover and cook very slowly for 15 minutes. Remove meat to hot platter. Use the liquid remaining in the pan to make a gravy, thickening it slightly with a little flour which has been mixed with water to make a smooth paste. Season to taste, pour over meat and serve immediately. Serves 4.

MOUSSAKABEEF

This is a hearty meal, can be made ahead and reheated. It also freezes well. Serve it with a tossed green salad with chunks of feta cheese and a light Italian dressing, serve hot Pita bread and red wine.

1 lb	lean ground beef
1 Tbsp	olive oil
$\frac{1}{2}$ c	onion, chopped
$\frac{1}{4}$ tsp	garlic salt
	salt, pepper to taste
8 oz	can tomato sauce
1 tsp	ground cinnamon
1	medium eggplant
2	eggs
1 c	milk
$\frac{1}{4}$ c	parmesan, grated

Sautee beef in oil with the onion, add garlic salt, salt and pepper. Add tomato sauce and cinnamon. Set aside. Peel eggplant and slice $\frac{1}{2}$ " thick. Brown the slices in a small amount of olive oil and drain on paper towels. Arrange in shallow 2 qt. oblong baking dish and cover with meat mixture. Beat the eggs and add the milk, pour over all. Top with parmesan. Bake at 350° for 45 minutes. Serves 4 to 6.

CHEESE FONDUE

CHEESE, EGGS

1	envelope Lipton Onion Soup Mix
1	12 oz. can beer
2 c	grated cheddar cheese
2 c	grated natural swiss cheese
2 Tbsp	flour
1½	long loaves French bread

Combine soup mix and beer in saucepan. Heat slowly. In separate bowl combine cheeses and flour. When beer mixture begins to simmer, add small portions of cheese and flour mixture, stirring constantly until cheese is melted. Continue to add cheese gradually, stirring constantly. Make sure each addition is melted. To serve, remove to Fondue pot. Spear cubes of French bread, dip and stir the mixture with each bite. This also serves as a nice hors d'oeuvre. Serves 15.

CHILE RELLENO CASSEROLE

1 lb	cheddar cheese, shredded
1 lb	Jack cheese, shredded
16 oz	sour cream
1	7 oz. can chiles, diced
6	eggs

Beat eggs, and mix all ingredients together in 9" x 13" baking pan, greased. Bake at 325° for 1 hour, until set. Serves 8.

CHILES RELLENOS, EASY STYLE

CHEESE, EGGS

6	eggs
1 Tbsp	flour
$\frac{1}{4}$ tsp	salt
4 oz	canned green chiles
$\frac{1}{2}$ lb	Jack cheese
	Sour cream
	Green chile salsa

Beat egg whites until soft peaks form. Beat egg yolks lightly with fork, add flour and salt and mix until smooth. Fold the egg yolks into the egg whites. Put half of this mixture into a 12" x 8" x 2" pan, cover with chopped chiles and sliced cheese. Top with remaining egg mixture. Bake at 325°. Pass sour cream and salsa at the table for each person to add as wished. Serves 4.

FLUFFY BAKED OMELET

6	eggs
1 tsp	salt
$\frac{1}{4}$ c	cornstarch
	pepper to taste
1/3 c	water

Beat egg whites until they form soft peaks and add the salt. Set aside. Beat egg yolks until they are light and thickened and continue beating while adding other ingredients. Fold into egg whites. Grease and preheat two heat proof glass or pottery pie plates (do not use metal) in 350° oven for five minutes. Divide the mixture into the two plates and bake for 15 minutes, until set. Remove at once to a warm platter. Serve with cheese or spanish sauce or with sausages. Serves 4 to 6.

SPINACH LASAGNE, EASY STYLE

CHEESE, EGGS

This is good for a dinner party. You can double or triple the recipe, preparing the casseroles ahead of time and reheating them just before serving.

1 lb	Ricotta cheese
1½ c	mozzarella cheese, shredded
1	egg
10 oz	pkg. frozen chopped spinach
1 tsp	salt
¾ tsp	oregano
⅛ tsp	pepper
30 oz	can spaghetti sauce
8 oz	lasagne noodles--don't cook!
1 c	water

Mix ricotta, 1 cup of the mozzarella, egg, spinach (thawed and drained), salt, oregano and pepper. In a greased 13" x 9" baking dish, layer ½ cup spaghetti sauce, 1/3 of the raw noodles, then ½ of the cheese mixture. Repeat layers. Top with remaining noodles, then remaining sauce. Sprinkle with the remaining ½ cup mozzarella. Pour water around the edges. Cover tightly, with foil. Bake at 350° for 1 hour 15 minutes, or until bubbly. Let stand, covered, for 15 minutes before serving. Serves 8 to 12.

SERBIAN EGG CASSEROLE

6	eggs, beaten lightly
1 lb	Jack cheese, grated
1 lb	cottage cheese
1 c	Bisquick
1 c	milk
¼ lb	butter

Mix all ingredients together in a shallow casserole. Bake at 350° about 40 minutes, until firm in the center. Serves 8.

HUEVOS RANCHEROSCHEESE, EGGS

- 1 green pepper, chopped
- 1 c onion, chopped
- 1 clove garlic, minced
- 2 Tbsp salad oil
- $\frac{1}{2}$ can jalapeno pepper, seeded and minced
- 16 oz can stewed tomatoes
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp pepper
- 4 corn tortillas, fried flat and crisp
- 8 eggs, poached
- 2 c Monterey jack cheese
- 6 bacon strips, fried crisp, crumbled

Saute pepper, onion, and garlic in oil until tender. Add jalapenos, tomatoes and salt and pepper, simmer until juices are reduced. Taste and add more jalapeno if desired. Put a tortilla on each of four plates, top each with two eggs and $\frac{1}{4}$ of the sauce, $\frac{1}{2}$ cup of cheese. Place under broiler until cheese melts. Sprinkle bacon on top and serve immediately. Serves 4.

LAMB CHOPS WITH MUSHROOMSLAMB

2	shoulder lamb chops
2 Tbsp	butter
$\frac{1}{4}$ tsp	dried tarragon
$\frac{1}{4}$ tsp	dried basil
$\frac{1}{4}$ tsp	dried thyme
$\frac{1}{4}$ lb	fresh mushrooms
	salt to taste and pepper
1 Tbsp	flour
$\frac{1}{2}$ c	dry white wine
$\frac{1}{2}$ c	light cream

Melt butter, add herbs and sautee 1 minute. Add chops and sautee until brown and almost done. Add mushrooms to chops with salt and pepper. Sautee about 4 minutes until mushrooms are soft. Remove to platter and keep warm. Stir flour into skillet, then add wine and cream. Cook, stirring until thickened. Pour over chops. Serves 2.

HERBED LEG OF LAMB

6 lb	leg of lamb
$\frac{1}{2}$ c	Dijon mustard
$1\frac{1}{2}$ Tbsp	soy sauce
1	clove garlic, crushed
1 tsp	ground rosemary or dill
Pinch	ginger
2 Tbsp	olive oil

Blend mustard, soy sauce, garlic, rosemary and ginger in a mixing bowl. Add olive oil a few drops at a time beating well after each addition until sauce is the consistency of cream. Place meat in a roasting pan and brush mustard coating evenly over the lamb. Roast in a 325° oven allowing 35-40 minutes per pound.

BARBECUED LAMB SHANKSLAMB

4 to 6	lamb shanks
2	medium onions, sliced
3/4 c	ketchup
1½ c	water
2 tsp	salt
1 Tbsp	worcestershire sauce
½ c	cider vinegar
¼ c	brown sugar, packed firm
1 tsp	dry mustard
dash	cayenne

Brown shanks all over in heavy skillet. Put them in an oblong baking dish and add the remaining ingredients. Cover with foil and bake at 350° for 2 to 2½ hours, turning once. This will serve 4 to 6 people, using one shank per person. Serve with brown rice. This dish freezes very well. When thawed, may be reheated in the oven. Serves 4 to 6.

HAM-CHEESE STRATA OR
SHRIMP-CHEESE STRATA

PORK

1 lb	ham or shrimp, cooked, diced
6	slices bread, crustless, cubed
$\frac{1}{2}$ lb	mild cheddar
4	green onions, chopped
3	eggs, beaten
2 c	milk
$\frac{1}{2}$ tsp	dry mustard
$\frac{1}{4}$ c	butter, melted

Place ham or shrimp in 11" x 7" casserole with bread, cheese and onions, toss lightly. Cover with mixture of eggs, milk and mustard. Sprinkle with melted butter. Let stand, covered, in refrigerator overnight. Bake at 350°, covered, for one hour or until the center is firm. Serves 6.

HAM OR CRAB CASSEROLE

2	10 oz. cans cream of celery soup
1 c	light cream (half and half)
1 c	sharp cheddar, grated
$\frac{1}{2}$ c	parmesan, grated
$1\frac{1}{2}$ Tbsp	onion, minced
1 tsp	lemon rind, grated
	salt, pepper to taste
4 c	cooked rice
1 lb	can green beans
4 c	ham (cubed) or crab meat
2	3 oz. cans French Fried onion rings

Combine first seven ingredients in a saucepan. Stir over low heat until cheese is melted. In three quart casserole layer the rice, ham or crab and beans with the cheese mixture. Sprinkle onion rings on top. Bake at 350° until hot, about 30 minutes. Serves 10.

HAM AND CRAB WITH RICE

PORK

1	onion, chopped
1 clove	garlic, minced
$\frac{1}{4}$ lb	mushrooms, sliced
2 Tbsp	butter
$\frac{1}{2}$ lb	cooked ham, in $\frac{3}{4}$ " cubes
$\frac{1}{2}$ lb	crabmeat
1 tsp	capers, rinsed
pinch	thyme
	salt to taste
1 c	uncooked long grain rice
2 c	water

Cook the onions, garlic and mushrooms in the butter until the onions are transparent. Add ham, crab, capers, thyme and salt and cook just until heated through. Combine rice with water in saucepan with a pinch of salt. Cook over high heat just until steam begins to appear around the lid. Lower the heat immediately and cook about 20 minutes without lifting the lid. The rice should have absorbed all of the liquid and be tender with separate grains. Put a portion of the rice on each of the dinner plates, cover with the seafood mixture and garnish with sliced cucumbers. Serves 4.

FRIED RICE, JAVA STYLE

This is super easy and a nice combination of flavors. Serve it with a vegetable and salad for a complete meal.

2 Tbsp	melted butter
$\frac{1}{2}$ lb	cooked shrimp
$\frac{1}{4}$ lb	ham in small chunks
3 Tbsp	green pepper, diced
3 Tbsp	shallots, minced
	salt to taste
	Tabasco (optional)
2 c	cold cooked rice

Sautee all but rice until hot. Mix in the rice, stirring well until the rice is hot. Garnish with strips of cucumber and sprinkle with paprika. Serves 3.

BAKED STUFFED PORK CHOPS

PORK

4	pork chops, extra thick center cut
2 c	Pepperidge Farm corn stuffing
	salt, pepper to taste
4	large, thin onion slices
4	lemon slices, thin
6 Tbsp	ketchup
4 Tbsp	brown sugar

Make a pocket in each chop by cutting next to the bone and outward almost to the fat edge of the chop. Do not cut through the fat edge. Prepare Pepperidge Farm stuffing according to package directions, and use about $\frac{1}{2}$ cup to stuff each chop. It is not necessary to skewer the opening, as it has been cut next to the bone it will become even more firmly closed as it bakes. Place the chops in a shallow baking dish and salt and pepper to taste. Place a lemon slice, an onion slice and some ketchup and brown sugar on top of each chop, cover with foil and bake at 350° for one hour. Remove the foil and bake 30 minutes longer, basting as necessary. Serves 4.

BARBECUED COUNTRY RIBS

PORK

5 lb country style spareribs
1 c catsup
1 c water
 $\frac{1}{4}$ tsp Worcestershire sauce
1 onion, minced
1 clove garlic, minced
1 Tbsp brown sugar
2 Tbsp honey
1 tsp dry mustard
1 tsp chili powder
1 tsp liquid smoke (optional)

Parboil the ribs for 3 or 4 minutes to remove excess fat, and place them in a large baking pan. Combine all of the other ingredients and cook them on top of the stove until the onions are tender. Bake the ribs at 275° for two hours, basting often with the barbecue sauce. Serves 6.

SAUSAGE STRATA

This is a good brunch dish, or for supper.

1 lb link sausages
6 slices bread, cubed
 $1\frac{1}{2}$ c cheddar, shredded
 $1\frac{1}{2}$ c milk
4 eggs, beaten
 $\frac{1}{4}$ tsp salt

Day before serving, fry the links and cut in thirds. Alternate layers of bread, links and cheese in buttered $2\frac{1}{2}$ qt. casserole. Mix together the milk, eggs and salt and pour over sausages. Mix. Cover and refrigerate. 45 minutes before serving, put in a 325° oven for 45 minutes. Serve hot to 6 people.

SAUSAGE - RICE CASSEROLE

PORK

2 lb	bulk sausage
2	onions, cut fine
1	green pepper, cut fine
1 lb	celery, chopped, not too fine
9 c	boiling water
2 c	uncooked rice (not instant)
3	2 oz. pkg. Lipton's Chicken noodle soup
$\frac{1}{2}$ c	blanched almonds, slivered

Brown the sausage until most of the fat has been rendered out. Remove the sausage from the skillet. Add the onions, green pepper and celery to the fat in the pan, and cook them over medium heat until onion is transparent. Use a slotted spoon to remove them from the fat and add them to the sausage. Discard the sausage fat. Cook the rice separately in the 9 c. water with the chicken noodle soup until the rice is still fairly firm (cook it about 15 minutes). Combine the sausage mixture with the rice. At this point it can be refrigerated to blend the flavors. Just before baking add the almonds. The mixture may seem thin, but it will be just right after baking. Put it in a 9" x 13" pan and bake at 350° for 60-75 minutes. Serves 12.

SCRAPPLEPORK

2 lb	bulk sausage
4 c	water
1 c	cornmeal
1 c	water
$\frac{1}{2}$ tsp	sage
1 tsp	salt

Mix the sausage with the 4 cups of water and simmer 20 minutes. Drain, saving 3 cups of the liquid. Make a paste of the cornmeal and the 1 cup of water, and add to the 3 cups of liquid saved from the sausage along with the sage and salt. Cook, stirring, for 20 minutes. Add the sausage and pour into ungreased breadpan. Chill in the refrigerator overnight. Slice and fry in oil or butter until golden brown. Serve with maple syrup for breakfast, brunch or supper.

This is a very rich and well-flavored casserole. It is good with any poultry. If you should ever have any leftover duck or goose, this is a superb way to use it. That would be nice served with wild rice.

4½ tsp	butter
2 tsp	flour
½ c	chicken stock
1½ Tbsp	dry white wine
	salt and pepper to taste
½ c	cream, scalded
½ c	mushrooms
1 Tbsp	butter
1	egg yolk
¼ c	onions, minced
1½ tsp	green pepper
1½ c	poultry, cold, cooked, sliced
½ c	soft bread crumbs
2 Tbsp	cheddar cheese, grated

Melt 4½ tsp. butter, add the flour and stir until well mixed. Gradually add the chicken stock and wine. Cook, stirring until it is thick and smooth. Salt and pepper to taste. Bring to the boil, stir in scalded cream. Boil again, add mushrooms sauteed in 1 Tbsp. butter, the onions, green pepper and poultry. Put in greased casserole. Sprinkle with crumbs mixed with grated cheese. Bake at 350° for about 30 minutes, until bubbly and brown. Serves 3.

BROILED CHICKEN

POULTRY

- | | |
|-------------------|---------------------------------|
| 1 | frying chicken, cut in quarters |
| 2 Tbsp | butter, melted |
| 2 Tbsp | bacon fat, melted |
| 1 Tbsp | lemon juice |
| $\frac{1}{4}$ tsp | salt |

Paint mixture of butter and bacon grease on skin side of chicken. Put skin side up on broiler pan and broil 6" from the heat for 10 minutes. Turn, baste other side with butter mixture, broil 10 minutes. Repeat this procedure one or two more times until chicken is cooked to your taste, baste as often as possible with the butter mixture. Sprinkle with lemon juice and salt. Serves 4.

CHICKEN CHASSEUR, EASY STYLE

- | | |
|-------------------|---------------------------|
| 1 | 2 lb. chicken, quartered |
| 2 Tbsp | butter |
| 2 Tbsp | chicken stock concentrate |
| $\frac{1}{2}$ c | dry white wine |
| $\frac{1}{2}$ c | tomato sauce |
| $\frac{1}{2}$ c | sliced mushrooms (raw) |
| $\frac{1}{4}$ tsp | onion juice |
| | salt and pepper to taste |
| 2 tsp | chervil (optional) |

Brown the chicken on all sides in the butter. Put in a casserole dish (or if you have browned the chicken in an oven-proof skillet, just leave them in it). Mix together all other ingredients except chervil, and pour around the chicken. Bake at 350° for 30 minutes, covered. Remove the cover, baste the chicken with the sauces in the pan, and continue to bake uncovered for another 10 minutes. Sprinkle with chervil. Serve with rice. Serves 4.

CHICKEN EGGPLANT CASSEROLE

POULTRY

2 c	cooked chicken, cubed
1	small eggplant
$\frac{1}{4}$ c	chopped onion
1 c	chopped celery
1	10 oz. can mushroom soup
$2\frac{1}{2}$ c	chicken broth
1	3 oz. can mushrooms
$\frac{3}{4}$ c	uncooked regular rice

Peel the eggplant and cut into 1" cubes. Combine all ingredients in 2 qt. casserole, with lid. Bake for one hour at 300° covered. Remove the cover and bake an additional half hour. Serves 4.

CHICKEN RICE CASSEROLE

This is a whole-meal casserole, good for a buffet or a pot-luck supper.

1 c	raw rice
2 Tbsp	butter
$\frac{1}{4}$ c	green onions, chopped
$\frac{1}{4}$ c	celery, sliced thin
1	small jar Cheese Whiz
2 c	cooked chicken or turkey, diced
1 pkg	frozen chopped broccoli, thawed
5 oz	($\frac{1}{2}$ can) cream of chicken soup
	salt and pepper to taste

Cook rice until almost done. Sautee green onions and celery briefly in butter, and add to rice with the Cheese Whiz. Drain the broccoli well, and add it to the rice with the chicken and the soup. Season to taste. Bake at 350° for 30 minutes, till hot and bubbly. Serves 8.

CHICKEN ITALIENNE

POULTRY

3	whole double chicken breasts
1	egg, beaten
$\frac{1}{2}$ c	dry bread crumbs
2 Tbsp	parsley
2 Tbsp	butter
6	$\frac{1}{4}$ " slices of tomato
$\frac{1}{8}$ tsp	oregano
$\frac{1}{4}$ tsp	salt
dash	cayenne pepper
6	slices mozzarella cheese
2 Tbsp	dry white wine (Chablis)

Remove skin, bone the breasts and pound the six pieces gently until they are $\frac{1}{4}$ " thick. Dip in beaten egg, dredge with mixture of bread crumbs and parsley. Chill. Brown slowly on both sides in butter in large skillet. Top each piece with a slice of tomato. Sprinkle with oregano, salt and cayenne. Cover, cook 5 minutes over a low fire. Top each piece with a slice of mozzarella. Add chablis to pan. Cover, cook 5 minutes longer until cheese is melted. Serves 6.

CHICKEN WITH ZUCCHINI

2 lb	Chicken parts
2 Tbsp	cooking oil
1	10 oz. can cream of celery soup
1 tsp	paprika
$\frac{1}{2}$ tsp	basil
1 clove	garlic, minced
2	medium zucchini, cut in half lengthwise and then in diagonal $\frac{1}{2}$ " pieces
$\frac{1}{2}$ c	tomatoes, canned, drained, chopped

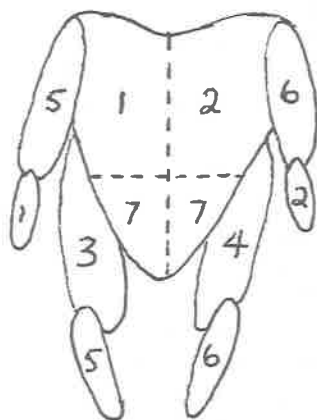
Brown chicken in oil, pour off fat. Add soup and seasonings. Cover. Cook over low heat 30 minutes, stirring occasionally. Add zucchini and tomatoes. Cook 15 minutes more, until tender. Serves 4.

This is a specialty of the Yucatan peninsula. They use an underground oven similar to the Hawaiian imu, which they call a "Pibil". We put our chicken in foil and baked it in the oven. The achiote is a Mexican seed, somewhat similar to saffron. There is no substitute for it but it is always available in Mexican markets. Be sure not to leave the chicken unrefrigerated for long. Work quickly. This is mildly flavored, not spicy like many Mexican entrees. See index for recipe that serves 7.

17	chickens
7 Tbsp	achiote seeds
3	garlic cloves
2 Tbsp	oregano
1 Tbsp	cumin seed
2 Tbsp	coarse grind pepper
2 qts	orange juice
3 c	lime juice

Cut the chickens into portions as illustrated. Each chicken will serve 7 people when cut this way. Grind the achiote in a blender until rather fine. Mash the garlic cloves. Combine the achiote, and the garlic with all of the other ingredients and use to marinate the chickens for several hours. The night before you plan to

serve them, wrap each portion of chicken in foil including 1 Tbsp. of marinade in each packet. Store the packages in large disposable foil roasting pans in the refrigerator until ready to bake. Cook them in the roasting pans (the packets will leak a little) at 325° for two hours. The chicken will be fork tender and lightly browned. Serve one packet on each plate with (next page)



DISCARD
WING TIPS
INCLUDE BACK
WITH THIGHS
AND BREASTS

POULTRY

Ensalada de Nopalitos (salad) and Frijoles. See recipe index for page numbers. Empanaditas Dulces (sweet Mexican pies) are an ideal dessert. Serves 120.

POLLO PIBIL

(To serve 7)

1 clove	garlic, mashed
2 tsp	achiote seeds
1 tsp	salt
$\frac{1}{2}$ tsp	oregano
$\frac{1}{4}$ tsp	cuminseed
4	peppercorns
$\frac{3}{4}$ c	orange juice
$\frac{1}{4}$ c	lime juice
3 lb	chicken

Mash all the first six spices together in a mortar or whirl in a blender until powdery. Mix with the juices. Use the mixture to marinate chicken, cut into seven portions as illustrated in the Pollo Pibil recipe for 120 persons. Marinate 24 hours, turning several times. Put the chicken onto squares of foil and wrap into tight packets, with 1 Tbsp. of the marinade in each packet. Put the envelopes in a baking dish and bake them, covered, in a 325° oven for two hours. Serve with hot tortillas. Serves 7.

POULET NOIR (CHICKEN WITH BLACK OLIVES)POULTRY

3	3 lb. frying chickens
$\frac{1}{2}$ tsp	seasoned salt
$\frac{1}{2}$ tsp	pepper
$\frac{1}{4}$ tsp	tarragon
$\frac{1}{4}$ c	olive oil
3	green onions, finely chopped
2	green peppers, finely chopped
3	10 oz. cans mushroom soup
1 c	half and half
1	9 oz. can large pitted ripe olives
2 Tbsp	dry white wine
1 lb	mushrooms

Chicken may be cut into quarters or into serving pieces, or you may use 12 chicken breasts. Season the chicken with salt, pepper and tarragon. Sautee in the olive oil until lightly browned, removing pieces as they are browned, to a large roasting pan. Mix onions, green pepper, soup and half and half. Crush olives slightly and add to this mix. Pour over chicken, mixing lightly. Bake at 350° for one hour. Add wine and mushrooms and cook 15 minutes longer. Serves 12.

CONTINENTAL CHICKEN

This is a recipe for using a slow cooker. It is great for a party. It is best to bone the chicken breasts, but if you are not trying to be fancy it will taste just as good with the bones in it.

8	chicken breast halves
8	slices bacon
3 oz	pkg. dried beef
10 oz	can mushroom soup
$\frac{1}{2}$ c	sour cream
$\frac{1}{2}$ c	flour

Spray slow cooker with Pam. Arrange $\frac{1}{2}$ of the dried beef on bottom. Wrap the chicken in bacon and place it on top of the beef. Cover with the remainder of the dried beef. Mix together the sour cream and flour, and combine with all other ingredients. Pour over the chicken and beef. Cook on low heat for 8 to 10 hours, or on high heat for 3 to 5 hours. Serve with hot buttered noodles. Serves 8.

CHICKEN PARMEGIANAPOULTRY

This can be prepared in advance and refrigerated or frozen unbaked until you need it. Bake a little longer if you have taken it straight from the refrigerator. Any leftovers freeze well, just need to be reheated.

3	double chicken breasts
1	egg, beaten
1 c	dry bread crumbs
2 Tbsp	parmesan, grated
1 Tbsp	parsley, minced
½ tsp	salt
	pepper to taste
2 Tbsp	butter
6 slices	mozzarella cheese
1 c	marinara sauce
½ tsp	oregano
½ tsp	basil
1/8 tsp	garlic powder
1 Tbsp	parmesan, grated

Remove skin, bone the breasts and pound the six pieces lightly until they are $\frac{1}{4}$ inch thick. Dip in beaten egg. Dredge with a mixture of the next five ingredients. Chill. Sautee in butter five minutes, until opaque. Put on a buttered ovenproof platter. Top each piece with a slice of mozzarella. Pour marinara sauce around chicken on platter. Sprinkle with the last four ingredients. Bake at 350° until bubbly hot. Serves 6.

ROAST GOOSE

POULTRY

This is the king of all domestic poultries. The meat is full of flavor and so moist that it puts turkey to shame. It is a holiday tradition at our house, always served with the wild rice casserole (see index for recipe). Check the goose before cooking and remove any pin feathers.

1	10 lb. goose	1 Tbsp	chervil
$\frac{1}{2}$ c	burgundy wine	1 Tbsp	chives
1 tsp	salt	1 clove	garlic, minced
pinch	pepper	$\frac{1}{3}$ tsp	basil
$\frac{1}{4}$ tsp	nutmeg	1 c	burgundy wine
1	goose liver	2 Tbsp	butter
$\frac{1}{2}$ lb	chicken livers	2	egg yolks
1 Tbsp	shallots	1 c	orange juice,
1 Tbsp	parsley		unstrained

Prick the bird all over and put in 275° oven for about a half hour to render out some of the fat. Be sure to drain the cavity of fat. Let the bird cool slightly, then rub it inside and out with $\frac{1}{4}$ c burgundy mixed with the salt, pepper and nutmeg.

Combine the livers with the seasonings and 1 cup burgundy. Cook, covered, on top of the stove for 30 minutes. Strain, reserving the liquids. Grind the solids fine, and add the butter and egg yolks. Put this mixture into a cheesecloth bag just big enough to hold it and put it inside the cavity of the goose.

Combine the reserved liquids with the orange juice. Roast the bird at 275° about 25 minutes per pound (total about 4½ hours) basting often with the wine-orange juice mixture. Prick the bird often to allow the fats to escape, and remove them from the pan with a poultry baster. At serving time, remove the cheesecloth bag from the cavity and remove the cheesecloth. The result is a very tasty pate to serve as a garnish to the goose. If your oven has a rotisserie attachment, it is ideal to use, helps to drain off the fat from the roasting bird. Serves 6.

BARBEQUED RABBIT

POULTRY

1	rabbit, cut in serving pieces
$\frac{1}{2}$ c	burgundy
$\frac{1}{2}$ c	beef broth
$\frac{1}{2}$ c	onions, chopped
2 Tbsp	parsley, chopped
$\frac{1}{4}$ tsp	salt
speck	pepper
$\frac{1}{4}$ c	oil

Mix all ingredients, marinate rabbit at least four hours. Barbeque over hot coals, about 30 minutes till just done but still moist. Baste often with marinade during cooking. Serves 3.

Note: Skin tends to blacken if this is too close to the coals. Have a water pistol ready douse any flames that threaten to char the rabbit too much.

TURKEY CASSEROLE

This is also good with chicken. It can be made in advance and chilled in which case it should be baked for one hour.

2 c	cubed cooked Turkey white meat
10 oz	can celery soup
$\frac{3}{4}$ c	evaporated milk
1 Tbsp	onion, chopped fine
1 Tbsp	butter
$\frac{1}{4}$ tsp	curry powder
1 $\frac{3}{4}$ c	Mrs. Cubbinson's corn bread stuffing mix
6-8 Tbsp	butter

Sprinkle 1 cup of stuffing mix on bottom of 9" x 13" dish. Drizzle with 5 Tbsp. butter and chill slightly. Combine turkey, soup, milk, onion which has been sauteed in 1 Tbsp. butter and curry powder. Pour over stuffing in pan. Sprinkle with remaining stuffing mix. Drizzle remaining 1 or 2 Tbsp. of butter over all. Bake at 350° for $\frac{1}{2}$ hour. Serves 6.

TURKEY STROGANOFF

Also good with chicken.

2 Tbsp	onion, chopped
$\frac{1}{4}$ c	margarine
1 c	mushroom soup
1 c	water
1	4 oz. can mushrooms
2 c	fine or medium noodles
2 c	turkey, cooked, cubed
1	bay leaf
$\frac{1}{8}$ tsp	pepper
$\frac{1}{2}$ c	sour cream

Sautee onion in margarine. Add soup, water, mushrooms and their liquid, and bring to a boil. Stir in noodles, turkey, bay leaf and pepper. Cover and simmer 20 minutes until noodles are done. Stir occasionally. Blend in sour cream and heat through. Do not let mixture return to a boil after the sour cream is added. Serves 6.

CREAMED "THINGS"SEAFOOD

The meat for this can be crab, lobster, or any cooked and cubed poultry. You can make this the day before; make the sauce and refrigerate it. Then make the mushroom mixture and refrigerate it separately. Prepare and refrigerate the meat. At serving time, reheat the sauce and whisk it until smooth, then add the solid ingredients and bring just to a boil.

$\frac{1}{4}$ lb	butter
$\frac{1}{2}$ c	flour
1 qt	chicken or veal stock
1 qt	milk
	liquid from the sauteed vegetables below
1	onion stuck with 1 clove

Melt the butter, add the flour and stir until combined. Gradually add the liquids, stirring constantly until it is thick and smooth. Add the onion stuck with the clove and cook it for one hour in the top of a double boiler. Strain and set aside.

2 lb	mushrooms
4 oz	pimientos, chopped
1	green pepper, chopped
2	bunches green onions, minced
12	hard cooked eggs, quartered
$\frac{1}{2}$ tsp	Worcestershire sauce
1 tsp	lemon juice
	salt and pepper to taste
3 lb	chicken or crab or lobster

Sautee the vegetables in butter until mushrooms are soft. Add the seasonings. Add the vegetable mixture, the eggs and the meat to the sauce and reheat. Serve over toast triangles or in patty shells. Serves 20.

POACHED FISH BERCYSEAFOOD

This is good with fillets, such as sole or red snapper, flounder, sea bass, or halibut.

1	onion, sliced
6	peppercorns
2 Tbsp	lemon juice
$\frac{1}{4}$ tsp	salt
8 oz	clam juice
6 oz	water
1 lb	fish fillets
2 Tbsp	butter
3	shallots, minced
2 Tbsp	parsley, minced
2 Tbsp	Wondra flour
$\frac{1}{3}$ c	dry white wine (Chablis)

Combine first six ingredients in saucepan and boil for 20 minutes, covered. Strain sauce, discarding solids. Put fish on oven proof platter, pour over $\frac{1}{2}$ cup of the liquid and bake at 500°, covered with foil, for about 10 minutes. (The rule here is to cook it for 10 minutes for each inch of thickness of the fish fillet you are cooking. For a half-inch fillet, cook only 5 minutes.) While the fish is baking, melt the butter, and sautee the shallots briefly, add the parsley (fresh is best but flakes will do), stir while adding the Wondra flour, then add 1 cup of the liquid from the first procedure in the recipe. Stir until smooth, add the Chablis and beat. Remove the fish from the oven, pour off the liquid, cover it with the sauce, and serve with lemon. Serves 3.

CRAB THERMIDOR

SEAFOOD

This is an easy one, an all-time favorite.

12 oz	crabmeat chunks
$\frac{1}{2}$	green pepper, chopped
2 $\frac{1}{2}$ oz	can sliced mushrooms, drained
2	medium tomatoes, peeled, seeded and chopped
2	green onions, chopped
2 Tbsp	butter
$\frac{1}{2}$ c	whipping cream
$\frac{1}{2}$ tsp	paprika
	salt and pepper to taste
1 tsp	lemon juice
1 tsp	parsley, chopped

Combine the first five ingredients, cook slowly, covered, in 2 Tbsp. butter for 10 minutes. Add cream and paprika. Simmer 5 minutes, do not boil. Add remaining ingredients, serve over rice. Serves 4 generously.

CRAB STRATA

8	slices white bread, crusts off
$\frac{1}{2}$ lb	crab meat
$\frac{1}{2}$ lb	mild cheddar cheese
1 Tbsp	onion, chopped
3	eggs, beaten
1 tsp	dry mustard
$\frac{1}{2}$ tsp	salt
$\frac{1}{2}$ tsp	paprika
2 $\frac{1}{2}$ c	milk
2 Tbsp	melted butter

Fit bread in buttered casserole dish. Mix all other ingredients. Let stand 1 hour or overnight. Bake at 325° for 1 hour.

This can be served hot or cold. Any leftovers are delicious the next day as an hors d'oeuvre.

4	large onions, chopped
2 Tbsp	butter
1½ lb	salmon steaks
3 Tbsp	flour
½ tsp	salt
2	bay leaves, crumbled
6	whole cloves
8 oz	can tomato sauce
½ tsp	brown sugar
1 tsp	lemon juice

Sautee onions in butter until transparent. Remove from pan. Put half of them in a shallow casserole dish. Sprinkle the salmon with salt and dredge in flour. Sautee them very quickly in the pan in which the onions were cooked, just until the flour begins to color. Put the salmon on top of the onions in the casserole and pour the remaining onions on top of the salmon. Mix the remaining ingredients and pour over all. Bake at 350° for 30 minutes. Serves 4.

SEAFOOD AND BROCCOLI CASSEROLE

1 pkg	Frozen broccoli
1	10 oz. can Cream of Mushroom Soup
½ c	milk
1 Tbsp	swiss cheese, grated
1½ c	shrimp, cooked and cleaned
1 c	crabmeat
1 tsp	sherry
¼ c	bread crumbs
1 Tbsp	parmesan cheese

Cook the broccoli for five minutes only. Drain. Blend soup, milk, and swiss cheese, and heat. Add shrimp, crab and sherry. Put broccoli in 1 qt. casserole. Cover with seafood sauce. Top with bread crumbs and parmesan cheese. Bake at 375°, 30 minutes until bubbly and hot. Serves 4.

CRAB STUFFED SOLE

SEAFOOD

This is super for a company dinner. All the work is done in advance.

1½ Tbsp	butter
1 Tbsp	flour
1/3 c	milk, scalding
½ tsp	salt
1 tsp	prepared mustard
6 drops	worcestershire
dash	garlic powder
½ tsp	lemon juice
dash	pepper
2 drops	tabasco
½ lb	crabmeat chunks
2	8 oz. filets of sole
3 Tbsp	butter, melted
1 Tbsp	lemon juice

Melt 1½ Tbsp. butter, stir in flour until smooth. Mix scalding milk with salt, mustard, worcestershire, garlic powder, lemon juice and pepper and tabasco. Stir into the flour mixture and stir constantly until it is very, very thick. Add the crab and mix well. Put one filet of sole on a buttered ovenproof platter, top with crab mixture and put the other filet of sole on top of that, sandwich style. Mix the melted butter and lemon juice and pour over all. Dish may be prepared to this point and refrigerated, as much as a day in advance. When ready to serve, bake uncovered at 350° for 30 minutes (40 minutes if it has been refrigerated), until fish flakes and crab is thoroughly hot. Garnish with lemon. Serve with rice and a green vegetable. Serves 4.

SEAFOOD RUSKS

SEAFOOD

- 8 oz crabmeat or cooked shrimp
2 tomatoes, sliced
2 Tbsp mayonnaise
2 Tbsp chili sauce
1 tsp worcestershire sauce (if using crab)
or 1 tsp horseradish (if using shrimp)
6 oz cream cheese
8 slices old english cheese
1 avocado, sliced
4 Holland rusks

Mix the seafood with mayonnaise, chili sauce, worcestershire or horseradish, and cream cheese. Place rusks on foil covered baking sheet. Put a slice of tomato on each. Cover with seafood mixture. Place the sliced cheese on top. Bake at 325° for 30 minutes until they are bubbly and beginning to brown. Just before serving garnish with avocado. Serves 4.

BAKED SEAFOOD "SALAD" I

- 1 7½ oz. can flaked crabmeat
1 4½ oz. can shrimp, drained
1½ c celery, chopped
¼ c green pepper, chopped
¼ c onion, chopped
¼ c pimiento, chopped
¾ c sour cream
¼ c mayonnaise
1 Tbsp lemon juice
½ tsp Worcestershire Sauce
½ tsp salt
1 c buttered bread crumbs

Combine first 6 ingredients. Blend sour cream, mayonnaise, lemon juice, Worcestershire, salt and a dash of pepper. Stir into seafood mixture. Put in a 10" x 6" baking dish, sprinkle the top with the bread crumbs. Bake at 350° for 25 minutes, until thoroughly heated. Serves 4.

BAKED SEAFOOD "SALAD" II

SEAFOOD

The leftovers are even better, good hot or cold.

2 c	crabmeat, chunks
2 c	shrimp
1 c	lobster, chunks
1	7 oz. can tuna
1 c	green pepper, chopped
$\frac{1}{2}$ c	onion, chopped
2 c	celery, chopped
2 c	mayonnaise
1 tsp	worcestershire
1 tsp	salt
dash	pepper
dash	tabasco
	potato chips for topping

Mix all ingredients except chips. At this point it can be refrigerated for as much as a day. Bake at 350° for 30 minutes, or for 45 minutes if refrigerated. Serves 6.

SHRIMP CASSEROLE WITH CRISP NOODLES

1 lb	shrimp, cooked and cleaned
3 c	sliced celery
1 c	onion, chopped
$\frac{1}{2}$ lb	fresh mushrooms
2 Tbsp	butter
1	8 $\frac{1}{2}$ oz. can water chestnuts, sliced
1	2-3 oz. pkg. cashews, broken
$\frac{3}{4}$ c	chopped green pepper
1	3 oz. can pimientos, sliced
2 $\frac{1}{2}$ c	medium cream sauce, well seasoned
1	3 oz. can Chinese crisp noodles

Cook the celery and onion in $\frac{1}{2}$ c water until soft. Drain. Sautee the mushrooms in 2 Tbsp. butter until soft. Combine all ingredients except noodles. Place $\frac{1}{2}$ of the noodles in the bottom of a 3 $\frac{1}{2}$ qt. casserole. Pour in the shrimp mixture. Top with the remainder of the noodles. Bake uncovered at 300° for 30 minutes. Serves 8.

A quick casserole to assemble. If it is to be transported and served elsewhere, it can be cooked for 30 minutes at home and then 20 minutes later.

1 3/4 c milk
1/2 c sherry or vermouth
10 oz can condensed cream of chicken soup
1 1/3 c instant rice
3/4 lb small shrimp (cooked)
7 1/2 oz can minced clam, undrained
4 oz can sliced mushrooms, drained
1 Tbsp parsley, minced, or parsley flakes
1 tsp garlic, mashed, or 1/4 tsp instant flakes
1/4 c toasted sliced almonds
2 Tbsp butter

Gradually stir milk and wine into soup. Add next six ingredients. Place mixture in 2 qt. casserole, sprinkle with paprika and almonds and dot with butter. Bake at 350° for 50 minutes. Serves 6.

GRAND HOTEL SHRIMP GUMBO

This is a dinner dish, not a soup!

4 medium onions, chopped
1 bunch celery, chopped
4 green peppers, minced
5 garlic cloves, minced
1/2 c bacon drippings
1 1/2 lb cooked, cleaned shrimp
2 qt chicken stock
1 1 lb. 13 oz. can tomatoes, chopped
3 Tbsp Gumbo File powder
Tabasco, salt and pepper to taste
1 10 oz. pkg. frozen sliced okra

Sautee first 4 ingredients in bacon drippings until tender. Add all other ingredients except okra and simmer for at least 2 hours, uncovered. It should thicken and boil down. Add okra just before serving. Heat and serve over rice. Serves 20.

SHRIMP DIVAN

SEAFOOD

A quick and easy luncheon or supper dish. This can be made with canned shrimp and asparagus to make an "emergency pantry dinner". It's better with fresh.

2 Tbsp	butter
2 Tbsp	flour
2 Tbsp	onion, minced fine
1 c	milk, scalded
3 oz	Velveeta cheese
$\frac{1}{4}$ tsp	salt
speck	cayenne pepper
$\frac{1}{4}$ tsp	bouquet garni
1 lb	shrimp, cooked and cleaned
1 lb	asparagus, freshly cooked
$4\frac{1}{2}$ slices	toast, in triangles

Melt butter, cook onion until transparent. Add flour and stir constantly until smooth. Add hot milk, a little at a time, stir with whisk until thickened and smooth. Add velveeta in small chunks, and salt, cayenne and bouquet garni (available in spice section of grocery). Cook until cheese is melted. Just before serving, add shrimp and heat through. Put hot toast on plate, covering with asparagus, put shrimp mixture over all. Serves 3.

TUNA CROQUETTES

2	7 oz. cans tuna
$\frac{1}{4}$ c	condensed mushroom soup
$\frac{1}{4}$ c	onion, minced
1	egg, beaten
1 tsp	lemon juice
2 Tbsp	butter
$\frac{1}{2}$ c	dry bread crumbs
$\frac{1}{3}$ c	milk

Drain and flake the tuna. Add the next 4 ingredients, mix well and form into 8 croquettes. Roll in crumbs. Sautee in butter until lightly brown. For sauce, mix remainder of can of mushroom soup with $\frac{1}{3}$ c. milk, and heat. Serves 4.

TUNA RICE CASSEROLESEAFOOD

2 Tbsp	margarine
$\frac{1}{2}$ c	uncooked rice
$\frac{1}{2}$ c	onion, chopped
1	$7\frac{1}{2}$ oz. can white meat tuna,
1	10 oz. can mushroom soup
$\frac{3}{4}$ c	milk
8 oz	cottage cheese
$\frac{1}{2}$ tsp	thyme
$\frac{1}{2}$ tsp	salt
$\frac{1}{2}$ c	buttered bread crumbs

Melt margarine in skillet. Add rice and onion, and sautee until rice is golden. Remove from heat. Stir in all other ingredients except bread crumbs. Mix well. Turn into $1\frac{1}{2}$ qt. casserole. Top with buttered crumbs. Bake at 400° 30 minutes. Serves 4.

TUNA AND SALMON PIE

1	$7\frac{1}{2}$ oz. can Salmon
1	7 oz. can tuna
1	small onion, chopped
1	stalk celery, chopped
$\frac{1}{2}$ c	bread crumbs
$\frac{1}{2}$ c	milk
1	egg, slightly beaten
4	stalks parsley
1 Tbsp	butter

Mix all ingredients except egg and parsley. Add the egg and mix again. Place in greased 9" pie pan. Dot with butter. Bake at 375° 30 minutes. Serve cut in wedges, garnished with parsley. Serves 4.

TUNA SOUFFLESEAFOOD

1	10 oz. can cream of celery soup
8 oz	Old English Process Cheese, cubed
1½ c	cooked rice
1	7 oz. can tuna, drained and flaked
1/8 tsp	pepper
3	eggs, separated

Heat soup. Add cheese, stir until melted. Remove from heat. Add rice, tuna and pepper. Gradually add beaten egg yolks. Cool. Fold in stiffly beaten egg whites. Pour into 1½ qt. baking dish. Bake at 350° for 35 to 40 minutes, until firm in the center. Cut in squares to serve. A can of mushroom soup may be heated and poured over as a sauce if desired. Serves 4.

FRIJOLES FOR A CROWD

VEGETABLES

Make this in a 20 quart canning kettle. Have a very large and very long wooden spoon handy for stirring.

10 lb	pink beans
12½ qt	water
3 Tbsp	salt
10	onions, diced
1 qt	hot bacon drippings
1 lb	lard
	Grated cheddar

Soak the beans overnight in the water. The next morning add additional water to cover, the salt and onions. Cook about 3 hours, until tender, and mash well. Add the bacon fat and lard. Cook until thick and the fat is absorbed. Add more salt to taste if needed. Serve garnished with grated cheddar. Makes 120 - 4 oz. portions.

GRINGO REFRIED BEANS

1	onion, chopped
2 Tbsp	butter
4 oz	canned diced green chiles
1 lb	can refried beans
½ tsp	salt
1 Tbsp	catsup
2 tsp	Worcestershire sauce
2 c	grated cheddar cheese

Sautee onion in butter until transparent. Mix in all other ingredients except for 1 cup of the cheese. Put into a 1½ quart buttered casserole. Sprinkle remaining cheese on top. Bake at 350° until thoroughly hot, and cheese is melted, about 15 minutes. Serves 6.

BROCCOLI CASSEROLE

10 oz	pkg. frozen chopped broccoli
1	egg, beaten
5 oz	($\frac{1}{2}$ can) condensed mushroom soup
$\frac{1}{2}$ c	mayonnaise
$\frac{1}{2}$ c	cheddar cheese, grated
1 Tbsp	onion, minced
$\frac{1}{2}$ c	Ritz crackers or potato chips, crushed

Cook broccoli as directed on package. Drain and add other ingredients and mix well. Pour into greased 1 qt. casserole and top with crushed crackers or chips. Bake at 350° for 30 minutes, until brown and bubbly. Serves 4.

BUTTER-STEAMED CELERY

This is very light and fresh-tasting. Always popular.

4 c	celery, sliced
$\frac{1}{2}$ tsp	salt
$\frac{1}{8}$ tsp	pepper
4 Tbsp	butter
1 Tbsp	chives, chopped
1 Tbsp	onion, grated

Remove the strings from the celery by pulling them. Slice the celery diagonally into 1" slices. Melt butter in pan, add salt and pepper and then the celery. Cover the pan, cook very slowly, shake the pan occasionally to prevent burning. Uncover the pan only once, to add the chives and grated onion. When they are just tender-crisp, serve immediately. Serves 4.

CORN FRITTERS

VEGETABLES

2 c	corn kernels, fresh or canned
2	eggs
2 Tbsp	flour
$\frac{1}{2}$ tsp	baking powder
$\frac{1}{2}$ tsp	salt
	pepper to taste

Beat the egg whites until stiff but not dry. Mix together all other ingredients, beating well. Fold into egg whites. Drop by tablespoonfulls onto hot greased griddle. Cook until brown, turning once.

BAKED EGGPLANT

Peel an eggplant, and cut into slices $\frac{1}{4}$ " thick. Allow about 2 or 3 slices for each serving, depending on the diameter of the eggplant. Spread both sides of the eggplant lightly with mayonnaise. Make a mixture of equal parts of cracker crumbs, and grated parmesan, with a little salt, pepper and grated parsley. Dredge the eggplant in the crumbs and place on a greased cookie sheet. At this point they can be placed in the refrigerator for several hours. Bake at 475° for 10 minutes. Remove from oven and put a thin slice of Mozzarella cheese on each slice of eggplant. Return to the oven for 5 minutes until the cheese is melty and the eggplant is golden brown. Serve with tomato sauce.

GREEN BEAN AND MUSHROOM CASSEROLEVEGETABLES

1 lb	fresh mushrooms
1	onion, chopped
$\frac{1}{2}$ c	butter
$\frac{1}{4}$ c	flour
2 c	milk
1 c	half and half
$\frac{3}{4}$ lb	sharp cheese, grated
dash	Tabasco sauce
2 tsp	soy sauce
1 tsp	salt
$\frac{1}{4}$ tsp	pepper
1 tsp	Accent (M.S.G.)
3	10 oz. pkgs. frozen french cut green beans
1	5 oz. can water chestnuts, sliced
$\frac{3}{4}$ c	blanched almonds, toasted and sliced

Sautee the mushrooms and onions in butter until they are soft. Stir in the flour and cook until it is smooth. Add the milk and cream, stirring; add the next six ingredients and cook until cheese is melted. Cook the green beans separately according to package directions. Drain thoroughly and add them to the mushroom mixture. Stir in the water chestnuts. Pour into shallow casserole and sprinkle with almonds. Bake at 375° for 20 minutes until hot and bubbly. This can be prepared in advance and refrigerated before baking. If prepared in advance, bake about 40 minutes. Serves 12.

HOMINY CASSEROLE

VEGETABLES

1 1 lb. 13 oz. can hominy
 $\frac{1}{2}$ c chopped onion
 $\frac{1}{4}$ c butter
3 Tbsp vermouth or sherry
 salt and pepper to taste
16 oz sour cream
 $\frac{1}{4}$ c chopped fresh parsley
2 Tbsp parmesan cheese

Heat butter. Sautee onions until transparent, add hominy, salt, pepper and wine and heat through. Mix in the sour cream and parsley. Pour into casserole dish. Sprinkle with parmesan. Bake at 325° for 20 minutes, or until heated through. Serves 6.

MUSHROOMS FLORENTINE

1 lb mushrooms
2 Tbsp butter
2 10 oz. pkg. frozen spinach
1 tsp salt
 $\frac{1}{4}$ c onion, finely chopped
 $\frac{1}{4}$ c butter, melted
1 c grated cheddar cheese
 garlic salt to taste

Sautee mushrooms in butter until soft. Defrost and drain spinach and mix it with the salt, onion, melted butter and garlic salt. Arrange the spinach in a shallow casserole, sprinkle with half of the cheese, next put the mushrooms in on top of the cheese, and top them with the remaining cheese. Bake at 350° for 20 minutes, until hot and bubbly. Serves 6.

BAKED ONIONS

VEGETABLES

This is a fuss-less vegetable. You can prepare them way in advance, pop them in the oven an hour before dinner, put one package on each plate to serve.

4 onions, about 3" diameter
2 tsp beef stock base or crumbled boullion cube
2 Tbsp butter

Peel onions, cut off ends. Put each on a square of aluminum foil. Sprinkle with beef stock base. Wrap each very securely. Put in oven proof dish. Bake 1 hour at 400°. Unwrap, top each with butter and serve. Serves 4, but it is easy and inexpensive to make dozens of them.

CREAMED ONIONS

1 lb white onions, 1" diameter
1 Tbsp butter
 $\frac{1}{2}$ tsp salt
1 Tbsp parsley, minced
 $\frac{1}{4}$ c heavy cream

Bring two quarts of water to a boil, add unpeeled onions, boil 3 minutes. Plunge onions into a basin of cold water to stop further cooking. Peel the onions, cutting a small cross in the blossom end. This much can be done in advance. When ready to serve, boil the onions in salted water until just tender, about 10 minutes. Add butter, salt, parsley and cream. Cook until the cream is thickened, stirring constantly. Serves 4.

ITALIAN PEAS AND SHELLS

VEGETABLES

$\frac{1}{4}$ c	onion, diced fine
1	garlic clove, diced fine
1	pkg. frozen peas
4 oz	macaroni shells, small size
$\frac{1}{2}$ tsp	salt
$\frac{1}{4}$ tsp	pepper
4 Tbsp	butter
$\frac{1}{4}$ c	parmesan cheese

Sautee onion and garlic in 1 Tbsp. butter. Cook the peas separately according to the package directions, add to the onion mix. Cook the macaroni separately according to package directions, till they are just al dente. Add them to the peas and onions. Add salt, pepper, remainder of the butter. Stir. Sprinkle with parmesan cheese. To vary this, you can add a little chopped prosciutto and use a little less salt.

SPINACH CASSEROLE

3	12 oz. pkg. spinach, frozen, chopped
1	pkg. Lipton's onion soup mix
1 pt	sour cream

Cook spinach and drain, thoroughly. Add soup mix and sour cream and combine well. Put in a 1 $\frac{3}{4}$ qt. casserole dish, and bake at 350° for one hour. Serves 8.

POTATOES O'BRIENVEGETABLES

$\frac{1}{2}$ c	onion, chopped
$\frac{1}{4}$ c	green pepper, chopped
$\frac{1}{4}$ c	red bell pepper, chopped
1 Tbsp	butter
10 oz	can mushroom soup
3 oz	cream cheese
	salt, pepper to taste
4 c	frozen Potatoes O'Brien
2 oz	Velveeta cheese, grated

Sautee onion and the peppers in the butter just until they are wilted. Stir in soup, cream cheese, salt and pepper and stir until smooth and hot. Combine in 1 qt. casserole. Bake uncovered at 400° for 40 minutes. Sprinkle with Velveeta and return to the oven for 5 to 10 minutes, until cheese is melted and beginning to brown. You can substitute raw potatoes cut in small dice. Serves 6.

SAUTEED CHERRY TOMATOES

24	cherry tomatoes
1 Tbsp	butter
1 Tbsp	parsley, minced
1 Tbsp	green onions, chopped

Clean the tomatoes, do not cut into them. Sautee them in butter until they are just barely hot. Add the parsley and scallions. Serve at once. Serves 4.

WILD RICE CASSEROLE

VEGETABLES

This is one that will make your reputation. Everyone loves it.

4 oz	pkg. Wild Rice
2 Tbsp	onion, minced
1 Tbsp	green pepper, minced
$\frac{1}{4}$ lb	mushrooms, sliced
1 Tbsp	butter
5 oz	condensed mushroom soup
$\frac{1}{2}$ c	whipping cream
$\frac{1}{8}$ tsp	marjoram
dash	basil
dash	tarragon
$\frac{1}{4}$ tsp	curry powder
$\frac{1}{4}$ tsp	salt
dash	pepper

Prepare wild rice according to package directions. Drain well. This amount of wild rice will yield one quart of cooked rice. Thirty minutes before serving, sautee onion, green pepper and mushrooms in butter for 5 minutes. Stir in mushroom soup, cream and seasonings. Heat 10 minutes. Add drained wild rice, heat and serve. This is good with any poultry, absolutely great with game hens, duck or goose. Yields 40 ounces, serves 8.

OLD SOUTH VEGETABLES

$2\frac{1}{2}$ lb	green beans, in 1" pieces
12	red potatoes, medium, scrubbed
12 oz	salt pork, in large chunks
1 c	water

Put all ingredients in heavy Dutch oven with lid or a crock pot. Simmer slowly 4 to 5 hours. Check from time to time and add water if needed. Serves 8.

ZUCCINI RICE BAKE

VEGETABLES

3 lb	zucchini, cooked, drained and mashed
1 c	cooked rice
2 c	sharp cheddar cheese, grated
$\frac{1}{2}$ c	green onions, chopped
$\frac{1}{4}$ c	parsley, chopped
3	eggs, beaten
$\frac{1}{2}$ c	butter, melted
	salt, pepper, paprika to taste

Combine rice, zucchini, cheese and onions and parsley in a bowl and mix well. Stir in egg, butter, seasonings. Spoon mixture into greased 9" x 9" baking pan. Sprinkle with paprika. Bake at 350° one hour. Serves 6.

TERIYAKI ZUCCINI AND LEEKS

6	large zucchini, peeled, in 3/8" slices
12	leeks, cleaned and diced
1 clove	garlic, sliced thin
1 tsp	finest herbs
4 Tbsp	butter
$\frac{1}{2}$ c	bottled Teriyaki sauce
2 Tbsp	sugar
2 Tbsp	parmesan cheese, grated

Sautee leeks, garlic and herbs in butter over medium heat until lightly browned. Increase heat and add zucchini. Toss well. Cook covered, until tender crisp (this doesn't take very long). Reduce heat, add teriyaki sauce and sugar. Sautee uncovered until zucchini is golden. Serve immediately sprinkled with parmesan. Serves 8.

ZUCCHINI AND ONION CASSEROLE

VEGETABLES

This recipe was created to complete an oven dinner. Serve it with a roast or a meatloaf and baked potatoes, all cooked at the same time.

- 2 lb Zucchini or crookneck squash
- 1 1 lb. 2 oz. can baby onions
- 1 10 oz. can Cream of Mushroom soup
- salt, pepper, paprika to taste

Slice squash (can use a combination of both kinds of squash). Combine all ingredients in a $1\frac{1}{2}$ qt. casserole. Bake at 350° for $1\frac{1}{2}$ to 2 hours, until tender and bubbly. To vary this recipe, you can substitute cream of celery soup, or a good addition is a one pound can of stewed tomatoes, partially drained. Serves 6.

SUZANNE'S MIXED VEGETABLES

- 2 large onions, cut in bite size pieces
- 1 green pepper, cut in bit size pieces
- 1 Tbsp oil
- 2 lb zucchini, sliced
- salt, pepper to taste
- $\frac{1}{2}$ tsp oregano
- 2 tomatoes, cut in eighths

Sautee onions and green pepper in oil until onions are barely wilted. (Electric skillet is perfect for this.) Add zucchini, salt, pepper, and oregano. Cover the pan and steam the vegetables for 15 minutes. Add the tomatoes and steam 15 minutes longer. Any of the dish that is leftover can be reheated the next day. Serves 6.

ORANGE SPREAD FOR TEA BREADS

SWEET BREADS

1 lb	butter, softened
12 oz	orange marmalade
2 Tbsp	brown sugar

Mix all ingredients well, use to make tea sandwiches with date-nut bread, orange bread, etc. This is nice packed in small jars and given as gifts with a loaf of date-nut bread.

CARROT BREAD

3	eggs
3 c	sugar
1 c	salad oil
3 c	flour
1 tsp	baking soda
1 tsp	cinnamon
1 tsp	salt
2 c	grated carrots
1 c	chopped nuts
1	8½ oz. can crushed pineapple, drained
2 tsp	vanilla

Beat eggs well, add sugar, add oil and stir well. Add sifted dry ingredients stirring well. Add remaining ingredients. Bake at 375° in two greased loaf pans for one hour. Test in center with a toothpick. Bake longer if the toothpick does not come out clean.

EGGNOG ALMOND TEA BREAD

SWEET BREADS

2½ c	flour, unsifted
¾ c	sugar
3½ tsp	baking powder
1 tsp	salt
½ tsp	ground nutmeg
½ tsp	grated lemon peel
1 c	almonds, chopped
3 Tbsp	salad oil
1¼ c	commercial eggnog
1	egg

Stir together the first 7 ingredients. Beat together the oil, eggnog, and egg, and add to the dry ingredients. Stir until just well blended. Put into greased and floured 9" x 5" loaf pan. Bake at 350° for an hour, until toothpick inserted in the center comes out clean. Cool in the pan for five minutes and then put on cake rack to cool completely.

PINEAPPLE CHEESE BREAD

2 c	flour, sifted
3 tsp	baking powder
½ tsp	salt
¾ c	sugar
1	egg
2 Tbsp	shortening, melted
1	8½ oz. can crushed pineapple, undrained
½ c	sharp cheddar cheese, shredded
½ c	walnuts, chopped

Sift together the first four ingredients. Beat the egg lightly and add the pineapple and melted shortening to it. Add the sifted dry ingredients, and stir until just moistened. Gently stir in the cheese and nuts. Turn the batter into a 9" x 5" loaf pan. Bake at 350° for 1 hour or until tester comes out clean. May be eaten plain, or good with butter or cream cheese.

STRAWBERRY BREAD

SWEET BREADS

1 c	butter
1½ c	sugar
1 tsp	vanilla
¼ tsp	lemon extract
4	eggs
3 c	flour, sifted
1 tsp	salt
1 tsp	cream of tartar
½ tsp	baking soda
1 c	strawberry jam
½ c	sour cream
1 c	walnuts, chopped

Cream butter and sugar together. Add vanilla and lemon. Add eggs one at a time, beating well after each addition. Sift flour, salt, soda and cream of tartar together. Combine with egg mixture. Mix jam with sour cream and add. Stir in nuts. Spoon into two greased 9" x 5" loaf pans. Bake at 350° for 50 to 60 minutes until toothpick inserted in center comes out clean. Cool in pans for 5 minutes then remove and cool on cake rack.

BLINTZ PANCAKES

1 c	flour, sifted
1 Tbsp	sugar
½ tsp	salt
1 c	dairy sour cream
1 c	cottage cheese (small curd)
4	eggs, well beaten

Measure flour, sugar and salt into bowl. Add sour cream, cottage cheese and beaten eggs. Fold together only until flour is barely moistened. Bake on hot, lightly greased griddle or skillet. Turn cakes when bubbles on the surface break. Stack pancakes and serve with a fruit flavored syrup. Makes 16 4" pancakes.

BELGIAN WAFFLES

SWEET BREADS

17 oz	pkg. yellow cake mix
1½ c	milk or light cream
4	eggs
½ tsp	salt

Preheat waffle iron to medium heat, and oil it lightly to prevent sticking. Beat together all ingredients, batter will be thick. Pour about 1 cup batter (for 9" waffle) into preheated iron. Bake until golden brown, 2 to 4 minutes. Cool on wire rack. They will become crisper on cooling. When ready to serve, warm them in a toaster, and serve the sections of waffle stacked with whipped cream and fruit. Leftover waffles may be frozen. To reheat, place in toaster when ready to eat. Makes 6 large waffles.

FROZEN LEMON CUSTARD

DESSERT

This is a good party dessert, light and trouble-free. Sometimes I freeze it in individual parfait glasses, which even eliminates the cutting and serving at serving time.

3	eggs, separated
$\frac{1}{2}$ c	sugar
	juice of one lemon
	grated rind of one lemon
1 c	whipping cream
	vanilla wafers

In double boiler over hot water, beat the egg yolks and sugar and stir for six minutes. Fold in the egg whites, stiffly beaten. Add the juice and rind of one lemon. Cool. Fold in the cream, stiffly whipped. Line an ice cube tray with vanilla wafers. Put the mix over them and let stand in the refrigerator for $\frac{1}{2}$ hour so the wafers will absorb some of the mixture. Top with crumbs from more vanilla wafers, and put in the freezer for at least 8 hours, or up to a week. Serves 6.

COFFEE JELLY

This is a very simple dessert, great for a dinner party.

2 c	very strong coffee, hot
16 oz	marshmallows
	whipped cream

Melt marshmallows in the coffee in a large saucepan over medium heat, stirring until they are completely dissolved. Pour into a $1\frac{1}{2}$ qt. ring mold or into individual sherbet glasses. Chill. Unmold and fill center of mold with unsweetened whipped cream. Chocolate shavings on top of the whipped cream look and taste good, but are optional.

RASPBERRY ICE CREAM FLUFFDESSERT

Crust: $1\frac{1}{2}$ c flour
 $\frac{3}{8}$ c brown sugar
 $\frac{3}{8}$ c chopped nuts
 $\frac{3}{4}$ c butter

Blend together the above ingredients and put in 9" x 13" pan. Bake at 275° for one hour, stirring well every 15 minutes to prevent burning.

Filling: 2 egg whites
 1 c sugar
 1 Tbsp lemon juice
 1 tsp vanilla
 1 10 oz. pkg. frozen raspberries
 $\frac{1}{2}$ pt whipping cream

Beat egg whites with sugar, lemon juice, vanilla and raspberries for 20 minutes. Whip the cream separately and fold it into the raspberry mix.

After the flour and nut mixture has cooled, spread half of it evenly over the bottom of the pan. Pour the raspberry mixture on top of it and top that with the reserved nut and flour mixture. Put it in the freezer for at least 6 hours before serving. Serve solidly frozen. Serves 15.

COGNAC CHEESE

DESSERT

This is pure elegance, and very continental. Terrific for a formal dinner.

2	8 oz. pkg. cream cheese	Mint leaves
4	egg yolks	Strawberry halves
$\frac{1}{2}$ c	sugar (scant)	Crackers
2 Tbsp	Cognac	Fresh Fruits
1 Tbsp	plain gelatin	Nut Halves
		Milk Chocolate

Whirl soft cheese in blender, adding yolks one at a time. Soften gelatin in $\frac{1}{4}$ c. water and melt over hot water. Add to cheese along with sugar and cognac. Spray custard cups with Pam and pour the cheese mixture into them, chill several hours or overnight. Unmold each onto the center of a decorative plate. Decorate top with mint leaves and strawberry halves or grape halves. Surround the cheese with plain crackers, fruits, nut halves and a few pieces of chocolate. Serve one plate to two people. Serves 8 to 12.

JOYCE'S DANISH DESSERT

Joyce really is Danish, but this tastes just fine in Los Angeles, too. The Danish dessert mix is sold in the supermarket near the Jello and pudding mixes or with the gourmet foods.

2	4 3/4 oz. pkg. Raspberry Currant Danish Dessert
2	10 oz. pkg. frozen raspberries (or blackberries)
4 c	liquid (include juice from fruit)

Combine Danish Dessert and liquid and cook as directed on package. Stir in fruit and put in fancy glass bowl. Sprinkle a little sugar on top to avoid formation of skin as it cools. Chill, serve with a plate of cookies. Serves 8 to 10.

CREAM CHEESE TORTE

DESSERT

4	egg whites, extra large
1 c	sugar
24 oz	cream cheese at room temperature
1 tsp	vanilla or almond extract
16 oz	sour cream
2 Tbsp	sugar
1 tsp	vanilla
1/3 c	blanched almonds, slivered

Beat egg whites until stiff and add sugar gradually to make meringue. Beat softened cream cheese until creamy. Fold cheese into meringue and add 1 tsp. vanilla or almond extract. Pour into spring form pan that has been generously buttered and dusted with melba toast or zweiback crumbs (use only sugarless crumbs). Bake at 350° for 25 minutes. Remove from oven and increase heat to 475°. Mix the sour cream with 2 Tbsp. sugar and 1 tsp. vanilla and spread on the meringue. Sprinkle with almonds. Return to oven for exactly five minutes. Chill well, serve with fresh fruit. Serves 10. Note: this recipe works very well with every brand of cream cheese except Lucerne.

BLENDER POTS DE CREME

3/4 c	milk
1 c	(6 oz. pkg.) chocolate chips
1	egg
2 Tbsp	sugar
Pinch	salt

Heat milk to the boiling point. Place all other ingredients in blender and add hot milk. Blend at low speed 1 minute. Pour into six Pot de Creme pots or pretty tea cups. Fill $\frac{1}{2}$ full as it is very rich. Chill. Serve topped with whipped cream. Serves 6.

PASKHA - (RUSSIAN CHEESECAKE)DESSERT

This is a traditional Russian Easter treat. If you are lucky enough to have an authentic mold, shaped like a modified pyramid, by all means use it. The rest of us will have to make do with a sieve, which works fine. The hoop cheese is available in some specialty stores. No substitute is recommended. This is a very rich cake, forbidden on all diets. It is perfectly delicious, like all forbidden foods.

1 lb	hoop cheese
$\frac{1}{2}$ lb	unsalted butter, softened
$\frac{1}{2}$ c	honey
$\frac{1}{2}$ c	sugar
8 oz	whipping cream
1 tsp	vanilla
$\frac{1}{2}$ c	candied pineapple
$\frac{1}{2}$ c	candied cherries
3 oz	pkg. blanched almonds

Put the hoop cheese through a sieve. Then mix the first 6 ingredients and put through the sieve again. Chop the nuts and fruits fine and add them to the cheese mixing well. Line the strainer with a cheesecloth. Pack the mixture into it and place over a large bowl. Put a plate on top of the cheese mixture and weight down with a heavy object. (Rolls of pennies are ideal.) Place in the refrigerator overnight. Unmold, and garnish with extra candied fruits if desired. Serve chilled. Serves 10.

ITALIAN CHEESE FRITTERS

DESSERT

¼ c	flour
2 Tbsp	(scant) sugar
2	eggs, beaten
7 oz	ricotta cheese
	grated rind of ½ lemon
2 Tbsp	brandy or any liqueur
1½ tsp	salt
	oil for frying

Beat together the first four ingredients until they are smooth. Stir the remaining ingredients into the cheese mix and let it stand covered at room temperature for at least one hour. Heat oil (about 3" deep) in a deep pot until it is about 350°. Use a long-handled spoon to drop walnut-sized portions of the batter into the fat, frying them a few at a time until they are golden on all sides. Drain on paper towels and sprinkle with powdered sugar. Serve warm or cold. Serves 4.

FRUIT COBBLER (Blackberries, blueberries, raspberries or peaches)

3 c	fruit
½ c	sugar
½ tsp	lemon juice
2 Tbsp	butter
1½ c	biscuit mix
3 Tbsp	butter, melted
1	egg, slightly beaten
½ c	milk

Toss fruit lightly with sugar and lemon juice. Put in greased 10" x 6" x 2" pan. Distribute butter evenly over fruit. Mix all other ingredients lightly with a fork just until combined. Drop dough over fruit, and bake at 400° for 30 minutes until golden brown. Serve warm with whipped cream or ice cream. Serves 6. When using peaches increase sugar to 1 cup.

EMPANADITAS DULCESDESSERT

(Mexican Sweet Pies)

This can be prepared ahead, frozen and baked the night before serving.

Pastry: 4 c flour
 4 Tbsp sugar
 4 tsp baking powder
 1 tsp salt
 1 1/3 c shortening
 2/3 c ice water

Filling: 1 1/4 c crushed pineapple, drained
 1 1/4 c sweet potato, cooked, mashed
 1 1/4 c shredded coconut

Garnish: 1/4 c sugar
 1/2 tsp cinnamon

Combine pastry as for pie dough, chill a few minutes. Roll out 1/4 of it at a time on a floured board, and cut in 3" circles. Mix together the filling ingredients and put 1 tsp on one half of round, moisten edge with water, fold over and press edges with a fork. Bake at 375° for 15 minutes. Roll in cinnamon sugar mix. Cool on rack. Makes 100.

PIE CRUST

DESSERT

This crust can be handled a lot without worry of toughening it. It can be stored in the refrigerator for 4 days or frozen for up to 6 months. It is excellent for pies or quiches.

3 c	flour
1 c	Crisco
4 oz	margarine
5 Tbsp	cold water
1 Tbsp	white vinegar
1	egg

Mix together the first three ingredients until they are evenly combined. Beat the remaining three ingredients together and add to the flour mixture. Roll out to desired thickness.

APPLE CAKE

CAKE

$\frac{1}{2}$ c	flour
$\frac{1}{3}$ c	shortening
$\frac{1}{2}$ tsp	salt
1 c	sugar
1 tsp	vanilla
1	egg, beaten
1 c	flour
1 tsp	baking powder
1 tsp	soda
2 c	apples, peeled, cored and coarsely grated
$\frac{2}{3}$ c	brown sugar
$\frac{1}{4}$ tsp	cinnamon
1 Tbsp	butter

Cream together the first six ingredients. Sift together and then add the next three ingredients, beat well. Add the apples, and pour into a greased and floured 8" x 8" baking pan. Sprinkle with brown sugar and cinnamon and dot with butter. Bake at 350° for 45 minutes.

DATE NUT CAKE

1 c	sugar
1 c	walnuts, chopped
$\frac{1}{2}$ lb	dates, chopped
4	eggs, separated
2 tsp	baking powder
7 Tbsp	cracker crumbs
1 c	whipping cream
	sugar & vanilla to taste

Combine sugar, nuts, dates, the egg yolks (beaten) the baking powder and the cracker crumbs. Fold in the egg whites, stiffly beaten. Bake at 325° for 45 minutes in an ungreased 9" x 9" baking pan. Serve at room temperature with whipped cream topping seasoned with sugar and vanilla. Serves 9.

APPLESAUCE CAKE

CAKE

2 c	flour, sifted
1 tsp	baking soda
1 tsp	baking powder
1 tsp	cinnamon
$\frac{1}{2}$ tsp	salt
$\frac{1}{2}$ tsp	nutmeg
$\frac{1}{4}$ tsp	cloves
$\frac{1}{2}$ c	shortening
1 c	sugar
1	egg
1 c	applesauce
$\frac{3}{4}$ c	nuts, chopped
$\frac{3}{4}$ c	raisins

Sift flour with next six ingredients and set aside. Cream the shortening and gradually add the sugar. Add the egg and beat well. Add the sifted dry ingredients alternately with the applesauce. Beat until smooth. Fold in nuts and raisins. Put into 8" x 8" lightly greased pan. Bake at 350° for 40 to 50 minutes, until toothpick inserted into the center comes out clean. Cool on cake rack. Any leftover cake keeps well wrapped in foil in the refrigerator. It is nice to serve with a custard sauce for a hearty family dessert.

CHOCOLATE FROSTING

4	1 oz. squares unsweetened chocolate
7 Tbsp	milk
3 c	powdered sugar, sifted
1 tsp	vanilla
3 Tbsp	butter, melted
pinch	salt

Melt chocolate slowly in top of double boiler, stirring. Mix milk with the sugar, then add the chocolate and vanilla. Mix well and add the melted butter and the salt. Use to frost Chocolate Cake.

CHOCOLATE CAKE

CAKE

This is a super chocolaty cake.

4	1 oz. squares unsweetened chocolate
$\frac{1}{4}$ lb	butter
1 c	hot water
2 c	flour
2 c	sugar
pinch	salt
$\frac{1}{2}$ c	buttermilk
$1\frac{1}{4}$ tsp	soda
2	eggs, beaten
1 tsp	vanilla

Melt the chocolate and butter in the water over low heat. Bring to a boil. Sift the flour, add sugar and salt to it, and then pour the chocolate mix into the dry mix. Add buttermilk and soda and mix well. Add the eggs and vanilla and beat again. Pour into 8" x 16" foil lined (or two 8" square) pans. Bake at 350° for 30 minutes, until a toothpick inserted in the center comes out clean. While still warm, frost with Chocolate Frosting (see preceding recipe).

TRIPLE FUDGE CAKE

1	14 $\frac{1}{2}$ oz. pkg. Betty Crocker chocolate fudge snackin' cake
1 c	milk
1	4 $\frac{1}{2}$ oz. pkg. chocolate instant pudding mix
$\frac{1}{2}$ c	semisweet chocolate chips
$\frac{1}{2}$ c	chopped nuts

Prepare cake mix as directed, substituting milk for water, in a bowl. Stir in pudding mix and milk. Spread batter in greased 13" x 9" x 2" pan. Sprinkle chocolate chips and nuts on top. Bake at 350° for about 25 minutes, until toothpick inserted in center comes out clean. Cool completely, and cut in 1 $\frac{1}{2}$ " squares. Makes 40 squares.

CRANBERRY CAKECAKE

2½ c	sifted flour
1 c	sugar
½ tsp	salt
1 tsp	soda
1 tsp	baking powder
1 c	chopped nuts
1 c	diced dates
1 c	whole fresh cranberries
	grated peel of 2 oranges
2	eggs
1 c	buttermilk
¾ c	salad oil
1 c	sugar
1 c	orange juice

Sift flour, salt, sugar, baking powder and soda together. Stir in nuts, dates, cranberries and orange peel. Combine eggs, buttermilk and oil. Stir the egg mixture into the flour mixture and blend well. Pour into greased 10" tube pan, bake 350° for 1 hour. Let stand at room temperature for 15 minutes. Remove from pan. Place on rack over pan. Heat the sugar and orange juice until sugar is dissolved and pour over the cake, catching the drippings. Keep pouring over cake. Set cake in a deep dish and pour over remaining drippings, cover and refrigerate. Serve cold topped with whipped cream.

DUMP CAKE

CAKE

- 2 21 oz. cans pie filling, any flavor
- 1 18 oz. pkg. white cake mix
- $\frac{1}{4}$ lb butter
- 1 2 oz. pkg. pecans, chopped

Grease a 9" x 13" cake pan; arrange pie filling evenly over the bottom. Pour dry cake mix over this. Melt butter and drizzle over the cake mix. Sprinkle with nuts. Bake at 350° for approximately 50 minutes, until cake tester inserted in the center comes out clean. Serves 15 to 20.

LEMON CAKE

- 1 pkg. yellow cake mix
- 1 pkg. lemon Jello
- 4 eggs
- 1 c salad oil
- $\frac{3}{4}$ c apricot nectar (or water)
- Rinds and juice of 2 lemons
- 2 c powdered sugar, sifted

Combine first five ingredients. Beat for 4 minutes at medium speed. Pour into greased and floured 9" x 13" pan. Bake at 350° for 35 to 40 minutes, until toothpick inserted in center comes out clean. Just before cake is done, mix the lemon juice and grated rind with the powdered sugar. Immediately after the cake is out of the oven, poke holes over the entire cake with a large carving fork, then pour the lemon mixture over the cake, spooning it on evenly. Serves 12 to 16.

MACADOCHES CAKE
(30 Minute Cake)

This makes a large sheet cake.

$\frac{1}{2}$ lb	butter
4 Tbsp	cocoa
1 c	water
2 c	flour
2 c	sugar
$\frac{1}{2}$ c	buttermilk
1 tsp	soda
2	eggs
1 tsp	vanilla
$\frac{1}{2}$ c	butter
6 Tbsp	half and half or milk
4 Tbsp	cocoa
1 lb	powdered sugar
1 c	chopped nuts
$\frac{1}{2}$ tsp	vanilla

Bring butter, cocoa, and water to a boil. Sift together flour, sugar and pour the hot mixture over it. Add buttermilk, soda, eggs and vanilla, in that order, mixing well after each addition. Pour into greased and floured jelly roll pan. Bake at 350° for 20 to 25 minutes. Five minutes before cake is done, mix and bring to a boil $\frac{1}{2}$ cup butter, 6 Tbsp. half and half or milk and 4 Tbsp. cocoa. Remove from heat and add 1 lb. powdered sugar. Beat with mixer and then add the nuts and vanilla. When the cake comes out of the oven, spread the frosting on it. (If the frosting is thin, add more powdered sugar.)

PINEAPPLE UPSIDE-DOWN CAKE

CAKE

$\frac{1}{4}$ c	butter
$\frac{1}{2}$ c	brown sugar
5	pineapple slices, canned
10	maraschino cherries
3	eggs, separated
1 c	white sugar
1 tsp	baking powder
5 Tbsp	pineapple juice
1 c	flour

Melt the butter in a 10" skillet. Add the brown sugar and mix together. Remove from heat and spread the mixture evenly over the bottom of the pan. Arrange the pineapple and cherries on the brown sugar mixture. Beat three egg yolks with 1 cup sugar. Add the flour, 1 tsp. baking powder and the pineapple juice. When the mixture is smooth, fold in 3 stiffly beaten egg whites. Pour the mixture over the fruit in the skillet. Put it in a 350° oven and bake one hour, or until a toothpick inserted in the center comes out clean. Invert on a serving plate.

PLUM CAKE

1	1 lb. 13 oz. can Purple plums
$\frac{1}{2}$ c	butter
2 tsp	soda
2 c	flour, sifted
1 c	sugar
$\frac{1}{2}$ tsp	salt
$\frac{1}{2}$ tsp	cinnamon
$\frac{1}{2}$ tsp	cloves
$\frac{1}{2}$ c	raisins
$\frac{1}{3}$ c	nuts, chopped

Drain plums well, remove the pits and mash them to a pulp. Combine with butter and heat. Add soda and let cool. When cool add flour, then the other ingredients and mix well. Pour into loaf pan or 8" x 8" baking pan, greased. Bake at 350° for 60 to 70 minutes, until toothpick inserted in the center comes out clean.

PUMPKIN CAKE

CAKE

2 3/4 c	sugar
3	eggs
1 c	vegetable oil
2 c	canned pumpkin
1 tsp	vanilla
1/2 c	pecans, chopped
3 c	flour
1/2 tsp	baking powder
1 tsp	soda
1 tsp	allspice
1 tsp	cloves
1 tsp	cinnamon
1/4 tsp	salt

Combine sugar, eggs, oil, pumpkin and vanilla. Beat well with electric mixer. Sift together the flour and other dry ingredients. Add to pumpkin mixture and beat until well blended. Fold in pecans. Pour into well greased and floured 12 cup bundt pan. Bake at 350° for one hour 15 minutes. Cool on a wire rack for 10 minutes and then turn out of pan onto another wire rack. Do not put on serving platter until it is completely cooled. Decorate with sifted powdered sugar. Serve with sweetened whipped cream or vanilla ice cream.

STRAWBERRY ANGEL CAKE

1	angel food cake
1	12 oz. pkg. frozen strawberries, thawed
1	3 oz. pkg. strawberry jello
1 pt	vanilla ice cream

Drain syrup from berries. Add water to make 1 1/4 cup. Heat to boiling, remove from heat and stir in Jello. Let cool and stir in strawberries and ice cream, a little at a time. Chill at least 30 minutes. Cut angel cake in 8 wedges. Put them on the outer edge of cake plate with bowl of sauce in the center, or put one on each plate and top with sauce. Serves 8.

SOUR CHERRY SAUCE CAKE

CAKE

1/3 c	shortening
1½ c	sugar
2	eggs
2¼ c	flour
1½ tsp	baking powder
½ tsp	baking soda
½ tsp	salt
1 c	milk
2¼ c	sour cherries, drained
½ c	nuts

Cream the shortening and sugar, add the eggs. Sift the flour with the dry ingredients and add to the sugar mixture alternately with the milk. Stir in the cherries and nuts. Pour into greased 8" x 12" pan and bake at 350° for 50 minutes. Cake can be served warm or room temperature. Pour hot sauce over cake at serving time.
Sauce:

½ c	sugar
pinch	salt
2 Tbsp	cornstarch
3/4 c	juice from cherries
1 c	water
½ tsp	almond flavoring

Combine the sugar, salt and cornstarch and add to the water and juice from the canned cherries. Boil, stirring, until thick, about 10 minutes. Add the almond flavoring. Sauce should be hot when served. Serves 12.

UPSIDE DOWN BRUNCH CAKECAKE

Topping: 3 Tbsp butter, melted
 $\frac{1}{2}$ c brown sugar
 1 c flaked sweetened coconut
 1 Tbsp grated orange peel
 $\frac{1}{4}$ c finely chopped orange pulp

Mix these ingredients well and pour into greased and lightly floured 9" x 4 $\frac{1}{2}$ " ring mold. Set aside.

Cake: 1 $\frac{1}{3}$ c sifted cake flour
 2 tsp baking powder
 $\frac{1}{4}$ tsp salt
 1 tsp cinnamon
 1 tsp allspice
 $\frac{1}{4}$ c shortening
 2 tsp grated orange peel
 $\frac{3}{4}$ c sugar
 1 egg
 $\frac{1}{4}$ c fresh orange juice

Sift flour with baking powder, salt and spices. Cream shortening with orange peel. Add sugar gradually to shortening and orange peel. Cream well. Beat the egg lightly with the orange juice. Add the dry ingredients to the shortening mixture alternately with the egg mixture, starting and ending with the dry ingredients. Pour the cake mixture on top of the coconut mixture in the ring mold, bake at 350° for 25 minutes. Immediately turn it upside down and remove the pan. This is best served hot, but leftovers are good cold, too.

1½ c	unsifted flour
½ tsp	baking powder
½ tsp	salt
1/3 c	sugar
½ c	wheat germ
3 Tbsp	finely chopped almonds
½ c	butter
1	egg yolk
1 Tbsp	lemon juice
½ tsp	grated lemon rind
1	1 lb. 14 oz. can apricot halves
½ c	orange marmalade
	whipped cream

Combine flour, baking powder and salt in large bowl. Remove 2 Tbsp. sugar and 1 Tbsp wheat germ from measured amounts and mix with the almonds and set aside. Add remaining sugar and wheat germ to the flour mixture and stir well. Cut in butter with two knives until mixture is crumbly. Add egg yolk mixed with lemon juice and lemon rind. Stir with fork until all ingredients are moistened. Shape into ball and press dough evenly over bottom and one inch up the sides of a 9" spring form pan. Chill crust while preparing filling. Drain apricot halves on paper towels. Arrange them cut side down on chilled crust. Warm marmalade in saucepan over low heat. Drizzle evenly over apricots. Sprinkle reserved almond topping mixture around outside of cake. Bake at 375° for 40 minutes or until crust is done. Serve warm or cold with whipped cream. Serves 8 to 10.

PENUCHE FROSTINGCAKE

$\frac{1}{2}$ c	butter
1 c	brown sugar (packed)
$\frac{1}{4}$ c	cream or milk
2 c	powdered sugar

Melt butter, add brown sugar. Boil over low heat exactly 2 minutes, stirring constantly. Stir in cream. Bring to boil. Remove from heat and cool to lukewarm. Gradually add powdered sugar, beating until spreadable. Add a few drops of hot water if it gets too thick. Use to frost applesauce, spice or yellow cake.

CHOCOLATE MERINGUES

COOKIES

2	egg whites
1/8 tsp	salt
1/8 tsp	cream of tartar
1 tsp	vanilla
3/4 c	sugar
1	6 oz. pkg. chocolate chips
1/4 c	walnuts, chopped

Beat egg whites with salt, cream of tartar and vanilla until soft peaks form. Add sugar gradually, beating well after each addition, and beat until stiff peaks form. Fold in chocolate chips and nuts. Cover cookie sheet with brown paper. Drop egg mixture onto brown paper by spoonfulls. Bake at 300° for 25 minutes until they are a nice golden color. Cool slightly before removing from pan. Makes 24 cookies.

DATE KRISPIES

6 oz	butter
1 1/2 c	sugar
1 lb	dates, diced
2	eggs
1 tsp	vanilla
4 c	Rice Krispies
1 c	grated coconut

Melt the butter and add the sugar. Mix well and stir in the dates. Beat the eggs and add them along with the vanilla. Cook the mixture, (do not boil it) until all is blended (and a sticky mess). Gently stir in the Rice Krispies. Cool. Drop small balls of the "mess" into grated coconut. Cover each ball very well with coconut. It is very gooey at this point and not ready to eat. Put it in a tightly closed container. After several hours it firms up and is ready to serve.

HARVEST BARS

COOKIES

½ c	margarine
½ c	brown sugar (packed)
½ c	white sugar
2	eggs
1 c	canned pumpkin
1 c	prepared mincemeat
3 c	flour
3 tsp	baking powder
½ tsp	baking soda
½ tsp	salt
2 tsp	cinnamon
½ tsp	cloves
½ tsp	ginger, ground
1 c	nuts, chopped

Cream margarine and sugars. Add eggs, one at a time, beating well after each addition. Stir in the pumpkin and mincemeat. Sift the next seven ingredients together and add to the pumpkin mixture. Add the nuts and mix well. Put into a greased 10" x 15" jelly roll pan. Bake at 325° for 30 minutes or until toothpick inserted into center comes out clean. Cut into bars. Makes 15 bars 2" x 3".

STEINIES'S COOKIES

Steinie is one of the dearest people we know. We love her cookies, too, and so will you. They're rich, unusual and flavorful.

1 c	dark brown sugar
6 oz	butter
1 c	nuts, chopped
24	Graham crackers, crushed

Melt butter, add sugar and boil 2 minutes. Add nuts and pour over crackers. Mix well. Spread in ungreased pyrex rectangular pan 6" x 10". Bake at 350° for 20 minutes. Cut into squares.

HERMITS

COOKIES

$\frac{1}{2}$ c	butter
1 c	brown sugar, packed
1	egg
1 $\frac{3}{4}$ c	flour
$\frac{1}{4}$ tsp	salt
$\frac{1}{2}$ tsp	baking powder
$\frac{1}{2}$ tsp	soda
1 tsp	cinnamon
$\frac{1}{4}$ tsp	nutmeg
$\frac{1}{4}$ c	sour milk
$\frac{3}{4}$ c	raisins
$\frac{3}{4}$ c	dates
1 c	walnuts

Cream the butter and brown sugar. Add the egg, then sift and add the dry ingredients. Add the sour milk and stir in the raisins, dates and walnuts. Drop onto a greased cookie sheet. Bake at 350° for 12 minutes. Makes 5 dozen.

REFRIGERATOR COOKIES

These used to be called Uncle Walter's favorites, but nobody can remember who Uncle Walter was. He knew a good cookie when he saw one.

1 c	brown sugar
1 c	white sugar
1 $\frac{1}{2}$ c	melted lard
3	eggs, beaten
4 $\frac{1}{2}$ c	flour
$\frac{1}{2}$ tsp	cloves
$\frac{1}{2}$ tsp	nutmeg
1 tsp	cinnamon
1 tsp	salt
2 tsp	soda
1 c	nuts, chopped
1 c	raisins

Mix sugars and lard, add eggs, then flour sifted with dry ingredients. Stir in nuts and raisins. Form into a roll and chill in the refrigerator. Slice and bake at 375° for 10 minutes.

3/4 c	butter or margarine
1/4 c	sugar
1/3 c	cocoa
1 tsp	vanilla
1	egg
2 c	graham cracker crumbs
1 c	coconut, shredded
1/2 c	chopped walnuts
2 Tbsp	Instant vanilla pudding mix
3 Tbsp	milk
2 c	powdered sugar, sifted
3	1 oz. squares semi-sweet chocolate
1 Tbsp	butter

Melt $\frac{1}{2}$ cup of the butter, blend in sugar, cocoa, vanilla, egg, crumbs, coconut and nuts. Press mixture into 11" x 8" pan. Chill. Cream $\frac{1}{4}$ c. of the butter, add pudding mix, milk and powdered sugar. Blend well. Spread over crumb mixture and chill thoroughly. Melt chocolate with 1 Tbsp. butter over double boiler. Stir to blend. Spread over chilled mixture and chill again. Cut into 1" squares. Makes 88 squares.

TOMATO SOUP COOKIES

COOKIES

3/4 c	margarine
1 c	sugar
2	eggs
1 c	condensed tomato soup
1 c	flour
1 tsp	baking powder
1/2 tsp	soda
1/2 tsp	salt
2 tsp	cinnamon
1 tsp	nutmeg
3 c	quick cooking Oatmeal, uncooked
2 c	raisins
1 c	walnuts or pecans, chopped

Cream together the margarine and sugar. Add eggs one at a time, and then add the tomato soup and blend thoroughly. Sift together the next six ingredients and add it to the first mixture. Add the oatmeal, raisins and nuts and mix well. Drop by spoonfuls onto a cookie sheet. Bake at 350° for about 10 minutes.

CHOCOLATE FUDGE

CANDIES

Have found this recipe to be easy and foolproof and equally delicious without the nuts.

4 c	sugar
1	13 oz. can evaporated milk
3	6 oz. pkg. Chocolate chips
1/8 tsp	salt
1 tsp	vanilla
1 c	nuts, chopped, optional
3/4 lb	marshmallows

Put sugar and milk in a large pan. Cook 4 minutes from the time it starts to boil, stirring. Remove from heat. Add chocolate chips, salt, vanilla and nuts and stir until the chips are melted. Add the marshmallows a handful at a time and stir until they are melted. Pour into a 10" x 14" pan. This hardens quickly. Chill and cut into squares. Makes 5 lb.

PEANUT BRITTLE

2 c	sugar
1 c	water
1½ c	butter
2 tsp	vanilla
1	12 oz. can peanuts

Bring sugar and water to a rolling boil. Add butter a little at a time. Stir constantly. Boil on high until mixture starts to turn caramel colored, then reduce heat slightly and cook until a little dropped in cold water turns crunchy (not at all chewy). Take off heat, cool slightly and add vanilla. Add peanuts, stir just to mix, turn out on well-greased cookie sheet and let stand until hard, break into chunks.

CALIFORNIA BRITTLE

CANDIES

- 1 recipe peanut brittle
- 2 oz semi sweet chocolate
- 2 oz milk chocolate
- 12 oz pecans or walnuts instead of peanuts

Make the recipe for peanut brittle, omitting the nuts. After the mixture has been spread on the cookie sheet and cooled, melt the chocolate. Spread half of it over the hardened toffee, sprinkle immediately with half the nuts, and put it in the refrigerator to harden. Turn the sheet of candy over and repeat the layers of chocolate and nuts on the other side. Allow to harden again in the refrigerator, and break into chunks.

CHAMPAGNE PUNCH

BEVERAGES

1/5 th	champagne
1/5 th	Silver Satin wine
1/5 th	sauterne wine
1 c	lemonade
1	6 oz. can frozen orange-pineapple drink
1	lemon

Note: the lemonade is not the frozen concentrate; it is diluted and ready to drink. Mix all ingredients except lemon slices. Chill in refrigerator to blend flavors. Float lemon slices on top. Makes 1 gallon.

COCKTAIL BOULLION

This is good as a hot beverage on a cold night before a church supper. It works beautifully to serve it from a large coffee urn.

8	10 oz. cans beef boullion
4	10 oz. cans water
18 Tbsp	chili sauce
2 Tbsp	lemon juice (or more to taste)

Mix all ingredients in coffee urn. Heat and serve. Makes 24 5 oz. servings.

GINGER ALE COOLER

2 oz	sauterne wine
4 oz	Vernor's ginger ale

Stir just to mix wine and ginger ale. Pour into stemmed glass. Add 1 ice cube to chill. Serves one.

SANGRIA FOR A CROWD

BEVERAGES

2	oranges
1	lemon
1	lime
$\frac{1}{2}$ c	fine granulated sugar
5 oz	brandy
4 Tbsp	lemon juice
1 c	pineapple juice
	cheap rose wine
1 gal	7-Up

Slice fruits thinly, crush slightly to release juice. Put in one gallon bottle (get mayonnaise bottles from a delicatessen) add the sugar and brandy and leave at room temperature for one hour. Add the lemon juice and pineapple juice, and fill bottle with rose wine. Store in refrigerator overnight. At serving time, mix with one gallon 7-Up in a punch bowl with ice. Serve with an ice cube and an orange slice in each glass. Serves 50 - 5 oz. portions. We made this for 500 people, using 10 gallons of the mix and 10 gallons of the 7-Up. It was delicious.

RUM AND GINGER BEER

1 jigger	dark rum
$\frac{1}{4}$	lime
4 drops	cointreau
	ginger beer

Fill tall tumbler with ice cubes. Pour in rum, fill with ginger beer, squeeze the lime into the drink and drop in the remaining lime as a garnish. Add cointreau and stir. Serves 1.

RUM PUNCH

BEVERAGES

1 pt Bacardi Rum
2 6 oz. cans frozen limeade
3 tsp Grenadine syrup

Mix all ingredients together. Fill blender within 2 inches of the top with ice. Add half the rum mixture and blend until smooth. Repeat with the other half as needed. Serve in small stemmed glasses and garnish with mint sprig and green marashino cherry. Serves 16 drinks.

STRAWBERRY RUM PUNCH

1 10 oz. box frozen strawberries
1 c crushed ice
 $\frac{1}{2}$ lemon, juice only
1 tsp sugar
5 jiggers light rum

Combine ingredients and mix in blender until smooth. Serves 8.

TEA FOR LARGE GROUPS

Put water in coffee urn to the 32 cup marker. When the water is boiling, suspend 8 tea bags in the water and steep. It is not necessary to remove the tea bags unless you plan to be serving the tea over a period of 2 or 3 hours. Serves 40.

WHITE PORT PUNCH

2 fifths white port wine
8 oz light rum
3 lemons (juice only)

Mix all ingredients and chill. Pour into 6 oz. glasses. Makes 16 drinks.

GRANOLA

MISCELLANEOUS

This can be mixed and stored in jars in the refrigerator for weeks. Serve as a pre-sweetened cereal with milk, add fresh fruits when serving if you enjoy them.

3 c	quick cooking rolled oats (uncooked)
1 c	wheat germ
1 c	coconut
1 c	raw peanuts
1 c	sunflower seeds
$\frac{1}{2}$ c	dried apricots, diced
$\frac{1}{2}$ c	pecans, finely chopped
$\frac{3}{4}$ c	raisins
$\frac{3}{4}$ c	dates, diced
$\frac{1}{4}$ c	sesame seeds
2 oz	almonds, sliced
$\frac{1}{2}$ tsp	salt
$\frac{1}{4}$ tsp	cinnamon
$\frac{1}{8}$ tsp	ground cloves
$\frac{1}{8}$ tsp	ground ginger
$\frac{1}{2}$ c	honey
$\frac{1}{3}$ c	salad oil
$\frac{1}{2}$ tsp	vanilla

Combine all but the last three ingredients in a large bowl and mix thoroughly. Add the honey, oil and vanilla and mix again. Spread on large baking pans. Bake at 300° for 30 minutes. Cool and store in air tight containers in the refrigerator. Makes 10 cups.

HOT LAMB SAUCEMISCELLANEOUS

1 c	brown sugar
$\frac{1}{4}$ lb	margarine
$\frac{1}{2}$ c	apple jelly
1 c	tomato catsup
1	lemon, juiced
$\frac{1}{2}$ tsp	cloves, ground
1 tsp	black pepper, coarsely ground
2 tsp	cinnamon
1 tsp	allspice

Combine all ingredients in top of double boiler. Cook, stirring, until thoroughly blended and sugar is melted. Keeps indefinitely in the refrigerator. Serve with roast lamb. Makes $2\frac{1}{2}$ cups.

PEACH PICALILLI GARNISH

Excellent to garnish all poultry and ham dishes.

5	1 lb. 13 oz. cans peach halves
1 c	juice from peaches
1	small pkg. lime jello
11 oz	jar green tomato picalilli or mincemeat
30	lettuce leaves

Drain peach halves thoroughly and dry on paper towels. Refrigerate. Bring the peach juice to a boil and pour over Jello, stir until completely dissolved. Add the picalilli or mincemeat to the Jello mix. Keep in bowl in refrigerator. When ready to serve, place one peach half on each lettuce leaf and place rounded spoonful of Jello mixture in center of each peach. Serves 30.

SAUERKRAUT RELISH

MISCELLANEOUS

This is good as a garnish for pork or ham.

2 c	sugar
1 c	vinegar
2 c	celery
1 c	red bell peppers
1 c	green peppers
$\frac{1}{2}$ c	pickle relish
1 tsp	celery seed
1 lb	can sauerkraut

Chop all the vegetables fine. Bring the sugar and vinegar to a boil and pour over all the other ingredients. Chill overnight in refrigerator before serving. This keeps a long time in the refrigerator. Makes 6 cups relish.

SWEDISH BEET PICKLE

2 c	cabbage, raw, shredded
2 c	beets, boiled and shredded
1 c	sugar
$\frac{1}{4}$ tsp	pepper
1 tsp	salt
$\frac{1}{2}$ c	horseradish, grated
	Vinegar

Mix first six ingredients in bowl. Cover with vinegar, chill for several hours. This is good with cold leftover roast beef. It is good when made with canned beets and bottled horseradish. Serves 8.

This section is one you will either adore or ignore. There can be no middle ground. It is for the enthusiastic cook who is willing to go to Chinatown and other specialty stores for ingredients, and spend a lot of time preparing them. These are not "Americanized versions" of foreign recipes. They are the family favorites of women who have traveled or lived in the countries of origin. They are thoroughly tested recipes and all of them are absolutely delicious.

Be sure to use a good quality imported soy sauce. Kikkoman's Japanese Soya is good, or you can buy Chinese thin soy in Chinatown. Indonesian soy (Ketjap) is quite sweet and should not be used unless indicated in the recipe. Chinese dark soy is specified in the recipes if it is required.

Some of the recipes call for "blachan" or "trassie". This is the same product, a spicy shrimp paste. It should be roasted before use by putting it in tightly sealed foil and putting in a 300° oven for about 10 minutes, then use it as called for in the recipe. It has a terrible odor at this stage, but do not panic. It is a delightful flavor when combined with the other ingredients in the recipe.

Southeast Asian recipes usually call for shallots. If you cannot find them, use about three times the quantity of regular onion, and add a small amount of minced garlic.

A rijsttafel (Indonesian rice-table) is a natural to serve buffet style. If you wish to make it with 8 dishes for a "small rice table" or with many more if you are serving a large group of people, many of the dishes can be made ahead and frozen. We have indicated in the recipe when this is advisable. Most of the rijsttafel dishes can serve as an entree or a side-dish with a regular American menu, and we have indicated that in the recipe, too. Always serve lots of plain boiled white rice with these recipes.

These recipes are referred to in the Indonesian recipes that follow. Buy a fresh coconut, take it outside and place it on concrete. Tap it firmly with a hammer until the nut cracks, discard the liquid inside. Keep hitting it with the hammer until the shell separates from the meat. Wash the meat well and use a vegetable peeler to remove the brown skin. Put it in the blender with liquid as called for in the recipes below and blend it until it is quite fine, then proceed with the recipe directions.

COCONUT WATER (SANTEN)COCONUT CREAM

Prepare one coconut as described above, combine with 2 cups warm water in blender and blend until fine. Allow to stand for 10 minutes. Put it in a strainer or a cloth bag, and force all of the liquid into a glass container. Let stand at room temperature for a few minutes. It will separate just like the milk and cream did before cow's milk was homogenized. Use a poultry baster to remove the lighter colored liquid from the bottom of the container and reserve it. That is the santen. The thick liquid is the coconut cream, and it is only used at the very end of cooking to enrich and thicken the dish. It is likely to curdle if you add it and then boil the dish further. You must stir it as you add it. Either Santen or Coconut cream can be frozen for later use if you make more than you need.

COCONUT MILK

3/4 c	shredded coconut
4½ c	milk
1½ c	water
1½ tsp	salt

Combine ingredients and bring to a boil. Simmer 10 minutes. Strain. Use the liquid as indicated in the Indonesian recipes. Reserve the coconut to use for Dengdeng Ragi (spiced meat recipe in this section.)

These recipes can be used interchangeably with the Indonesian rijsttafel. Either one is good, the Peanut Sauce II is more highly seasoned. These are served with Gado Gado and with Sate.

PEANUT SAUCE I

2 Tbsp	onion, grated
2 Tbsp	peanut oil
1 Tbsp	dark brown sugar
1 tsp	lime juice
$\frac{1}{4}$ c	peanut butter
1 c	coconut milk
	salt to taste

Sautee grated onion for 5 minutes, add sugar, juice and peanut butter, blend well. Gradually add coconut milk, stirring, salt to taste. Cook until sauce is thick and smooth. Yields about $1\frac{1}{4}$ c. sauce.

PEANUT SAUCE II

2 Tbsp	peanut oil
$\frac{1}{4}$ c	shallots
$\frac{1}{4}$ tsp	blachan
$\frac{1}{2}$ c	Spanish peanuts
1 c	coconut water (Santen)
2 Tbsp	ketjap bentang
$\frac{1}{4}$ tsp	ground red peppers
1 tsp	tamarind juice (or lime juice)

Sautee the blachan and shallots in the oil until the shallots are soft. Remove the hulls from the peanuts and grind the nuts fine. Add to shallots. Add santen a little at a time, stirring until the mixture is thickened. You may not need all of the santen, the sauce should be like a very thick cream. Add the ketjap, peppers and tamarind. Serve warm or at room temperature. Any leftover can be frozen until needed.

INDONESIAN HOT SAUCE

SPECIALTIES

This is a real killer. Serve it on the side for your masochist friends. Any leftover can be frozen in ice cube trays. To use again, thaw and combine a 2 oz. cube with about $\frac{1}{2}$ of a small tomato, diced fine.

12	tiny hot dried chiles
1	tomato, chopped fine
1½ Tbsp	lemon juice or tamarind juice
½ tsp	salt
1 tsp	sugar

Boil the chiles in 1" water in a small pan for 5 minutes. Whirl chiles and 2 Tbsp. of their water in a blender. Add other ingredients and stir well. Serve on the side with any Indonesian dish.

AJAM KOENING

(Indonesian Fried Chicken)

2	2½ lb. chickens cut up
2 Tbsp	salt
1 tsp	pepper
½ tsp	garlic powder
¼ c	peanut oil
2	small onions
2	cloves garlic
2 Tbsp	brown sugar
1 tsp	lime juice
1 tsp	curry powder
3 Tbsp	peanut oil
1 c	coconut milk
2	bay leaves

Rub salt, pepper, and garlic into chicken pieces, then brown them in oil and set aside. Grind onions and garlic together, add sugar, lime, curry powder and fry 10 minutes in 3 Tbsp. oil. Add coconut milk, and bay leaves, and pour over browned chicken. Simmer 30 minutes until chicken is tender and sauce is thick. This is served as part of the rijsttafel. It could be used as an entree with an American dinner and would serve 6.

DADAR IRISSPECIALTIES

(Indonesian omelet)

This is served as a garnish on top of Nasi Goreng.

3	eggs, well beaten
$\frac{1}{2}$ tsp	salt
$\frac{1}{4}$ c	onion, finely chopped
dash	Tabasco
	Butter for frying

Melt a little butter in a small fry pan. Mix all other ingredients. Pour just enough of the egg mixture into the pan to cover the bottom, and cook it like a crepe, turning once. Continue cooking eggs until all are used. Roll each omelet into a cylinder and cut them in $\frac{1}{4}$ " slices as you would cut noodles. Sprinkle them on top of Nasi Goreng and put the excess dadar iris in a dish to serve separately. Enough to garnish nasi goreng for 6 people.

GADO GADO

(Vegetable salad with peanut sauce)

1	medium cabbage
1 lb	green beans
1	cucumber
1	eggplant, peeled
1 c	bean sprouts
1	tomato
3	eggs, hard cooked
$\frac{1}{2}$ c	peanut sauce

Cut cabbage in wedges, boil until slightly underdone. Cut beans in $1\frac{1}{2}$ " pieces, boil until slightly underdone. Cut the eggplant in 2" x $\frac{3}{4}$ " pieces, boil until slightly underdone. Clean the bean sprouts and blanch briefly in boiling water. Cut cucumber into 2" x $\frac{3}{4}$ " pieces. Cut tomato into wedges. Slice the hard cooked eggs. Arrange all ingredients attractively on platter. Pour the peanut sauce on top, and put extra peanut sauce on table for use as needed. Gado gado can be served cold or at room temperature, preferably not too cold. This is a favorite dish with the rijsttafel. It can also be used as a salad or vegetable dish with an American menu.

NASI GORENG
(Fried Rice)

SPECIALTIES

This is an Indonesian inspiration for how to get rid of left-overs. This is served as an entree, with a vegetable or salad on the side. Gado Gado is a good choice, (recipe on preceding page) or just plain cooked celery. The boemboe nasi goreng is a spice mix marketed by Conimex and sold in Chinatown.

5	small onions, chopped
4	cloves garlic
1	dried red pepper (small)
	oil for frying
$\frac{1}{2}$ tsp	blachan
$1\frac{1}{2}$ Tbsp	boemboe nasi goreng
2 lb	cooked pork loin
1 lb	cooked shrimp
5	green onions, minced
6 c	cooked rice, cold
2 Tbsp	ketjap
1	recipe dadar iris (see preceding page)
2	cucumbers
6	slices boiled ham
	paprika

Fry onions, garlic and pepper in oil until onions are tender. Add blachan and boemboe nasi goreng and mix well. Cut pork into $\frac{1}{2}$ " cubes and add it along with the shrimp and green onions. Finally add cooked rice and mix lightly adding ketjap as you mix. Put on a hot platter and decorate with finely cut strips of dadar iris (omelet), sliced boiled ham and cucumbers. Cucumbers should be peeled, cut in half lengthwise, seeded and then sliced into very thin lengthwise slivers. Put some of the cucumbers on the nasi goreng and present the others in a separate dish for use as wanted. Sprinkle with paprika. This quantity will serve ten people.

DENDENG RAGISPECIALTIES

(Spicy beef fried with coconut)

This is part of a rijsttafel. It can also be served as an entree, with rice, fried plantains or other vegetable, and a salad. A double recipe serves 2.

3/4 c	coconut (from coconut milk recipe)
1/2 lb	round steak in 1" cubes
1 Tbsp	peanut oil
1/4 c	onion, grated
1	clove garlic, crushed
1 Tbsp	soy sauce
2 tsp	curry powder
2 Tbsp	brown sugar
1 Tbsp	lime juice
1	bay leaf, crushed
2 tsp	salt
1/4 c	water

Brown the coconut in fry pan over very low heat until dark golden brown, stirring frequently. Set aside. Sautee meat in oil, turning often, add onion and garlic and continue cooking for 5 minutes. Add curry powder, sugar, lime, bay leaf, salt, water and soy and blend well. Cook over low heat for 20 minutes until meat is tender. Add browned coconut, blend well. Mixture should be dry.

BALI CHICKEN

1	frying chicken, in pieces
1 tsp	vinegar
1 tsp	garlic salt
speck	pepper
1 c	water
	oil for deep frying

Mix vinegar, garlic salt and pepper with water and pour over chicken. Marinate for at least two hours. Drain and dry the pieces well. Deep fry in hot oil. Serve with Sambal Tamat, or with any other American vegetable, and steamed rice.

NASI GORENG BALI (BALI FRIED RICE)

SPECIALTIES

Not a part of the rijsttafel, this is good served with a stick of pork or chicken sate and a steamed green vegetable.

4 Tbsp	butter
$\frac{1}{2}$ c	shallots, minced
$\frac{1}{2}$ c	onion, minced
2 tsp	ground New Mexico chiles
1 Tbsp	catsup
1 tsp	dried shrimp
$\frac{1}{2}$ c	green pepper, chopped
$\frac{3}{4}$ c	ham, in small cubes
$\frac{3}{4}$ c	cooked shrimp, halved if large
3 c	cold cooked rice

Melt the butter, add all ingredients but the rice and stir until they are thoroughly hot. Add the rice and continue to stir and toss until well mixed and all is hot. Serve topped with long strips of cucumber, with french fried onions and Indonesian hot sauce (see index for recipe) on the side. Serves 6.

BALI FISH

1 lb	red snapper fillets
1 Tbsp	lemon juice
	salt and pepper to taste
2 Tbsp	flour
1	egg
	salt to taste
	oil for deep frying

Score the fish lightly in a diamond pattern on both sides. Combine lemon juice, salt and pepper and rub all over the fish. Combine the egg, flour and salt and dip the fish pieces in it. Deep fry until it is just barely cooked. Serve with Sambal Tamat or any American vegetable and steamed rice.

PISANG GORENG
(Fried Plantains)

SPECIALTIES

This is served as part of the rijsttafel. Plantains are sold in Mexican markets.

3 plantains
2 Tbsp butter

Peel plantains, cut in thin lengthwise slices. Fry in butter until golden. Roll up each slice while warm. Serve hot or at room temperature.

SAMBAL GORENG TELOR
(Eggs in hot sauce)

This is part of the Indonesian rijsttafel.

1 c onion, finely chopped
1 clove garlic, crushed
2 Tbsp peanut oil
 $\frac{1}{2}$ tsp dried red pepper, ground
1 Tbsp dark brown sugar
1 tsp lime juice
1 bay leaf
2 Tbsp peanut butter
 $\frac{3}{4}$ c coconut milk
10 hard cooked eggs

Sautee onions, garlic in oil. Add pepper, sugar, lime, bay leaf and peanut butter and blend well. Gradually add coconut milk, and cook over low heat until smooth and thick. Arrange hard cooked egg halves on platter, pour the sauce over them. This can be served at room temperature.

SAMBAL GORENG HATI PITEESPECIALTIES

(Fried Chicken Livers in Hot Sauce)

This is served as part of an Indonesian rijsttafel. It can be prepared in advance, slightly undercooked and frozen. Thaw and re-heat at serving time.

3/4 c	chicken livers, cut small
2 Tbsp	peanut oil
1 c	onion, finely chopped
1	clove garlic, crushed
1/2 tsp	dried red pepper, ground
1 Tbsp	dark brown sugar
1 tsp	lime juice
1	bay leaf
3/4 c	coconut milk

Sautee chicken livers in oil until nicely browned, add onions and garlic and cook 5 minutes. Add all other ingredients and simmer 20 minutes.

SAMBAL GORENG OEDANG

(Fried shrimp in hot sauce)

This is part of the Indonesian rijsttafel. It can be used as part of an American menu. Double the recipe to serve 3.

1 c	onions, finely chopped
1	clove garlic, crushed
2 Tbsp	peanut oil
1/2 tsp	red pepper (dried)
1 Tbsp	dark brown sugar
1 tsp	lime juice
3/4 c	raw shrimp
2	bay leaves
1 c	coconut milk

Sautee onions and garlic in oil. Add pepper, sugar and juice and blend well. Add shrimp (cut into 1/2" pieces) cook 5 minutes more. Add coconut milk, simmer 20 minutes longer.

(Tomato curry)

This is good with Bali Chicken or Bali Fish. With a side dish of rice and a salad it makes a complete meal. It can also be a part of the rijsttafel.

1 Tbsp	oil
1	onion, sliced
1	garlic clove, minced
2 Tbsp	ground New Mexico chiles
1 tsp	Blachan
1 c	coconut water (santen)
1	bay leaf
	salt to taste
1 Tbsp	sugar
6	tomatoes, peeled, in wedges
1 Tbsp	tamarind juice

Heat oil, add onion, garlic and peppers and blachan and stir fry for 2 minutes. Add santen, bay leaf, salt and sugar and simmer for 15 minutes, until reduced to $\frac{1}{2}$ cup. Add tomatoes. Stir fry for 2 or 3 minutes. Add tamarind juice and serve immediately. The tomatoes should still be quite firm. This is good with side dishes of crumbled bacon, minced green onions, and sour cream to use as condiments over the tomatoes. Serves 4 as a vegetable, more if used with the rijstaffel.

SATÉ BOEMBOE

(Barbecued meat skewers)

SPECIALTIES

4	small onions
2	cloves garlic
½ tsp	dried red pepper
1 Tbsp	dark brown sugar
1 tsp	lime juice
1½ tsp	curry powder
½ tsp	ground cloves
½ tsp	ground ginger
3 Tbsp	warm water
3 Tbsp	soy sauce
1½ lb	round steak in 3/4" cubes

Grind onions and garlic together. Add pepper, sugar, juice, curry, ginger and cloves and mix well. Add water and soy, mix well. Add the meat cubes, knead them with your hands to absorb the sauce, refrigerate six hours. Thread 5 or 6 pieces of meat on each of 10 skewers. Broil over charcoal until medium well done, brushing meat with the marinade as needed. Serve with peanut sauce (see index for recipe for sauce). This makes a beautiful hors d'oeuvre. It can be served as an entree to three people with nasi goreng (see index) and a vegetable or salad. It's classic use is as part of a rijstaffel in which case it serves 10. It can be prepared ahead and put in the freezer, raw. Broil it at the last minute before serving.

CHICKEN CURRY

SPECIALTIES

3 Tbsp	clarified butter
1 c	chopped onion
3 Tbsp	Sun Brand curry paste
$\frac{1}{2}$ tsp	turmeric
1 tsp	blachan
6 drops	tabasco
	salt to taste
$1\frac{1}{2}$ c	santen (coconut water)
2 c	cooked cubed chicken
	coconut cream from one coconut
$\frac{1}{2}$	lime, juiced

Cook the onion in the butter until transparent. Add curry paste, fry 3 minutes. Add turmeric, blachan, tabasco, salt and coconut water. Cook for 10 minutes. Add the chicken and continue cooking until it is hot. Add the coconut cream, stirring (do not boil) until the curry has thickened a bit. You can add more santen to thin it or a cornstarch and water paste to thicken it if needed. Just before serving add the lime juice. Serve with rice and condiments. (See index for condiments). Serves 3.

SHRIMP CURRYSPECIALTIES

1	onion, ground in a meat grinder
$\frac{1}{2}$ tsp	garlic, minced
2 Tbsp	butter
$\frac{1}{4}$ tsp	ginger, crushed
$\frac{1}{2}$ c	tomato, chopped
$\frac{1}{2}$ tsp	vinegar
$\frac{1}{2}$ tsp	salt
$\frac{1}{4}$ tsp	chili powder
2 tsp	curry powder
1	fresh yellow chile, minced
pinch	turmeric
$\frac{1}{4}$ c	coconut water (santen)
$\frac{1}{2}$ lb	tiny shrimp, cooked

Sautee onion and garlic in butter until golden brown. Add all other ingredients but the shrimp and cover and simmer for 10 minutes, until it thickens slightly. Add the shrimp and simmer just until they are hot. Serve immediately with rice and curry condiments (see index). Serves 3 - You may think that $\frac{1}{2}$ lb. of shrimp can't possibly serve three, but the condiments add to it so greatly that it is plenty.

CURRY CONDIMENTS

SPECIALTIES

People in India do not serve condiments with their curries as has become popular in England and the U.S. We think they are delicious additions to a curry, though, and usually serve 10 or 12 of the following list, in small dishes for the dinner to serve himself.

Bacon, fried crisp, crumbled
Eggs, hard cooked and chopped fine, salt added
Green onions, minced fine
Black olives, sliced
Sour cream
Green pepper, chopped fine
Cucumber, in $\frac{1}{2}$ " cubes
Canned mushrooms
Chutney, chopped fine
Almonds, blanched, slivered
Peanuts
Crisp French Fried onions
Crisp coconut chips
Lime wedges
Raisins
Grated coconut
Chopped parsley
Yogurt

Curry is not served with wine, it is too hearty a flavor for that. A good beer is recommended, tea is good for a second choice. A perfect dessert is papaya halves sprinkled with lime juice.

KANTEN CANDY

SPECIALTIES

This is a very refreshing sweet at the end of a Chinese dinner. You might accompany it with a dish of preserved kumquats, and/or preserved or candied ginger. As a matter of fact, it is a tasty sweet at any time, with any food. Very simple to make. Kanten is a spongy substance sometimes called agar-agar.

1	1 oz. stick Kanten
5 oz	water
1 c	sugar
pinch	salt
$\frac{1}{4}$ tsp	peppermint extract
	green food color

Soak kanten in water for 30 minutes. Cook over medium heat, uncovered until kanten dissolves. Add 1 c. sugar and the salt. Simmer uncovered for 15 minutes, stirring often. Remove from heat and add the extract and food color to make it a fairly bright green. Pour it through a strainer, forcing as much through as possible. Discard the residue. Put into a greased 7" x 7" pan. Cool, cover, refrigerate, cut into 49 candies. Roll generously in powdered or fine-ground sugar. This will not melt at room temperature.

KUNG BOW CHICKENSPECIALTIES

1 c	chicken, skinned and boned
3 Tbsp	vegetable oil
1 tsp	light soy sauce
½ Tbsp	dark soy sauce
1 tsp	cornstarch
1	clove garlic, crushed
1 c	green pepper
1 c	diced bamboo shoots
1 Tbsp	peanuts, chopped
½ c	dried Chinese mushrooms
1 inch	piece dry red hot pepper

Dice the chicken into bite sized pieces. Cut the green pepper into ½" pieces. Soak the mushrooms in hot water for 15 minutes, drain and chop the mushrooms, discarding the stems. Mix together 1 Tbsp. of the oil, 1 tsp. light soy and 1 tsp. dark soy with 1 tsp. cornstarch. Marinate the chicken pieces in this. In preheated wok, heat 2 Tbsp. oil. Stir/fry garlic briefly and discard. Add marinated chicken, stir/fry one minute. Add sherry to taste and remove chicken from the wok. Add to wok the green pepper, bamboo shoots, peanuts and mushrooms with 1 Tbsp. dark soy and the hot pepper. (You may substitute 1 or 2 tsp. Chinese chili paste if you prefer it). Stir/fry for 2 minutes, then return chicken to the wok, stir and serve immediately. Serves 4 as part of a Chinese meal.

PRESSED DUCK

SPECIALTIES

This is a Chinese entree and should be served with rice and a stir/fry vegetable. It is easiest to boil and duck, press it and then freeze it. On serving day, let it thaw and proceed with the recipe.

1	5 lb. duck
4 qt	water
2 Tbsp	five spice powder
4	slices ginger
3	cloves garlic, crushed
1 Tbsp	salt
1 Tbsp	M.S.G.
1 c	dark soy
3	scallions

Remove any pin feathers from duck and cut it into quarters. Combine all other ingredients in large pot, add the duck and bring to a boil. Reduce heat immediately and do not let it boil again. Cover and cook for 2 hours. Remove duck, cool, remove the bones (not the skin) and put it on a flat plate. Place another flat plate on top and put a very heavy weight on top. 10 or 12 rolls of pennies work very well. Refrigerate overnight. Remove from the plate and freeze until needed. Thaw ($\frac{1}{4}$ duck serves 2 as part of a Chinese dinner).

2	egg whites, beaten stiff
$\frac{1}{3}$ c	water chestnut flour (no substitute)
$\frac{1}{6}$ c	cornstarch

Cover the duck thickly with egg whites, then sprinkle heavily with a mixture of flour and cornstarch. Put on a platter sprayed with Pam, and steam for 20 minutes. Pat dry with paper towels and put on a cake rack. Keep in refrigerator until dinner time. When ready to serve, deep fry at 375° until crisp and brown, 2 or 3 minutes. Slice into diamond shaped portions with a sharp cleaver, top with $\frac{1}{2}$ cup almonds, crushed, and serve with duck sauce (plum sauce.)

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